

Newmarket News

Wednesday, July 18, 2012

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Rescue bid for GP services hits snag

■ JENNIE BAKER

NEWMARKET'S out-of-hours GP base is set to stay closed following recommendations by health chiefs – but this is not the end of the road, a councillor has claimed.

Suffolk County Council's health scrutiny committee did not grant Newmarket Town Council's request to commission an independent report and reinstate the out-of-hours base at Newmarket Hospital during its meeting last Thursday.

But among recommendations it made to NHS Suffolk was that service provider Harmoni has ongoing dialogue with Newmarket residents about accessing GP services out-of-hours, and that the outcome data on Suffolk's service continues to be assessed.

The committee also asked for update information on the out-of-hours GP service in six months.

Cllr Warwick Hirst, who attended the meeting with Cllr Shirley Crickmere, said its outcome was "disappointing, full stop" but that the town council would discuss options at its meeting on Monday.

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Proms celebrations – page 4

Feast on some free fajitas



Tex-Mex treats in store for the first readers through the doors of new restaurant

► Special offer – page 14

New era for primary pupils



Red Lodge Primary School is officially unveiled – and it's all ahead of schedule

► Full story – page 5

Your Guide to entertainment

LOCAL shows, gigs, cinema news and gardening news... all in The Guide

► Starts on page 15

PUZZLES GALORE – YOUR FOUR-FANTASTIC PAGES START ON PAGE 21



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DRESSED TO IMPRESS: Some of the visitors to Ladies' Day at Newmarket Racecourse.

Pictures: 843782, above, 843799, below, 843783, right, 843779, below right.



Top styles are firm favourites at course

DRESSES to die for were out in force for Ladies' Day at Newmarket Racecourses.

Stretch limousines and an ornate carriage pulled by plumed black horses made their way through the High Street to the July Course last Thursday for one of the classiest events of the year.

Top jockey Frankie Dettori's wife, Catherine, was on hand to decide which woman was the best dressed.

The Goldsmith Ladies' Day fashion parade came on the first day of the Piper-Heidsieck July Festival, where racegoers flock to see some of the world's best horses battling it out.

Retailers in Cambridge's Grand Arcade shopping centre provided many of the prizes for the women judged to be wearing the best outfits.

The winner, Faye Cipitt, scooped a £799 diamond pendant from Goldsmiths, a £250 Hobbs gift voucher and a

JENNIE BAKER

meal for four in the Summer House at the racecourses on Friday, July 27.

Runner-up Emma Carpenter, from Barton Mills, won £300 to spend on John Lewis's Weekend collection, an appointment with one of the store's fashion advisers, and four premier enclosure tickets to see a Newmarket Nights concert at the racecourses in August.

A Radley leather bag and matching purse as well as two premier enclosure tickets to the Betfred Cambridgeshire Day in September went to Corin Gonzalez, who won third place.

Friday was Abu Dhabi Day at the festival, including the Etihad Airways Falmouth Stakes and the Irish Thoroughbred Marketing Cherry Hinton Stakes, and the star race on Saturday was the Darley July Cup, Europe's premier sprint.

Speaking on Thursday, Amy Starkey, managing director of



Newmarket Racecourses, said: "It's been a fantastic start to the Piper-Heidsieck July Festival. The crowds have come out in big numbers, some fantastically colourful fashions have been on show and the horseracing has been superb."

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A COLLECTION during Ladies' Day at Newmarket Racecourses has raised £3,509 for a children's hospice charity.

Top trainer Jeremy Nosedo led the collection for East Anglia's Children's Hospices (Each) on Thursday with staff from his Shalfleet Stables in Newmarket's Bury Road and Tony Rushmer from Rushmer PR.

Goldsmiths Ladies' Day saw 16,000 people descend on the July Course for the stylish race meeting which took place as part of

the Piper-Heidsieck July Festival.

In addition to the collection, Mr Nosedo will make a donation to the charity for every winner he gets this season and some of his horses are carrying the Each logo on silks, polo shirts and rugs.

He said: "My sincere thanks go to Newmarket Racecourses for agreeing to the collection to take place. Their support has allowed us to raise a phenomenal sum and helped raised the profile of the charity."

"My staff from Shalfleet did a great

job, and I'd like to thank them for helping out with the collection, and most importantly thank you to everyone who made a donation, however large or small.

"Each is such a fantastic charity, and I've seen first-hand the amazing work they do with local life-threatened children and their families. I'm delighted to be able to help in any way I can."

Nikki Brown, Each Suffolk fundraiser, said: "I can't thank Jeremy and his team at Shalfleet enough for their hard work. We're delighted with the success of the

collection which raised far more than we ever expected.

"We were blessed with good weather and race goers were extremely generous so thank you to everyone who contributed. Special thanks go to Newmarket Racecourses who allowed the collection to take place.

"Without them we'd never have had the opportunity to raise such a fantastic sum. The money raised will provide vital care and support to local life-threatened children and their families."

Campaigners to fight on for doctors' base

■ From Page 1

He said: "We have got to try to find evidence to prove that the service is poor, which will take some doing, but it's not the end of the road. They are going to review it in six months' time, so whether that means anything or not we will find out."

Speaking on behalf of Newmarket Town Council, Cllr Hirst said at the meeting: "Twenty per cent of our residents are over 60, we have two areas of deprivation which register on the national figures and 20 per cent have no car and nearly half of the elderly people live alone."

"The only way these people can get to the new bases of Mildenhall and Bury is by taxi. There are no bus services on Friday evening, none after 4pm on Saturday and a taxi fare to Mildenhall in this period is £15 each way."

"This change seriously disadvantages these groups."

He said the 1,000 young people working as stable staff in Newmarket without family nearby and most without cars were also "seriously disadvantaged".

The town councillors also handed in a petition signed by more than 600 people calling for the reopening of the base at Newmarket Hospital.

Dr David Lee, regional medical director for Harmoni, said: "Our newly structured out-of-hours service has been monitored very closely during the first few months of the service by NHS Suffolk and the Suffolk County Council health scrutiny committee."

"Both have expressed their satisfaction with the level of service being provided."

"Harmoni welcomes the decision by the health scrutiny committee to continue monitoring the new service for a further six months."

He said they were confident service improvements already experienced across Suffolk would continue.

Dr Lee said: "The service is configured so that people should not have a journey time of more than 30 minutes maximum to see a doctor, if this is felt necessary."

"Should a journey time exceed this, or if the patient has difficulty with transport, it may be appropriate for us to arrange a home visit."

"We will continue to engage with users of the out-of-hours service across the county to enable us to make any necessary changes to fine-tune the delivery of the service."



MARKING HISTORY: Richard Card, left, and Cllr Bill Sadler handing over Jubilee mugs to youngsters from Houlsworth Valley Primary school in Newmarket. Picture: Keith Jones 843560.

Students can drink to Jubilee memories

MUGS have been bought for more than 600 youngsters in Newmarket to commemorate the Queen's Diamond Jubilee.

Children at Houlsworth Valley Primary School were given a preview of their mugs, which carry a picture of Queen Elizabeth II, last Wednesday and they will be handed them for keeps this week.

A spokeswoman for the school said: "The children will be delighted to receive this mug in commemoration of the Diamond Jubilee. We celebrated the Diamond Jubilee in school with a street party and this gift will provide a treasured memory for years to come."

Cllr Bill Sadler of Suffolk County Council bought the 607 cups for pupils at the Exning, Paddocks, Houlsworth Valley and All Saints primary schools in his division using funds from his locality budget.

New talks planned on superstore bid

■ JENNIE BAKER

ANOTHER public consultation will be held over the proposals for a Morrisons store in Newmarket.

Forest Heath District Council is expected to make a decision in the autumn on which of the four supermarkets bidding to open or expand in Newmarket will be given the green light.

Before then, people will be able to have their say again on the proposals for a Morrisons store on the old gasworks site in Exning Road, which would have a gross floor space of 4,653 sq m and a 235-space car park.

Jessica Stewart of Local Dialogue, which is overseeing the public consultation process for the Morrisons application, said the consultation would remind people about the proposals a year on.

She said: "We held our consultation events a year ago and the scene has changed a bit because we have got two more applications that have come

forward since then, so we are just reminding people about what we are proposing and giving people another opportunity to feedback."

Retail specialists Strategic Perspectives LLP were commissioned by Forest Heath to review the Morrisons, Tesco, Sainsbury's and Asda applications to help the council with its decision.

In its report, which does not yet include a detailed examination of the Asda proposals, Strategic Perspectives said the Tesco application should be approved and said its preferred option for a new supermarket was Asda, but it said there were "significant planning policy issues" involved in the application which needed addressing, and its comments were subject to the council's assessment of the proposals.

Strategic Perspectives named

Morrisons as its third preference. Sainsbury's was fourth.

Updating a Newmarket Town Council committee on the Morrisons plans on Monday, Graeme Cosgrove, development director at Simons which is bringing forward the plans with the supermarket chain, said: "I don't quite follow the logic in terms of saying the Tesco is a preferred option when you consider all the non-food that is going to go in the Tesco."

Speaking after the meeting, Ms Stewart said they believed the Morrisons application was strongest because the store would be close to the town centre and would be built on land which has been unused for decades.

She said: "We are on a brownfield site that has been empty for 30 years which isn't going to be redeveloped unless this comes forward on it because of the cost of decontamination, and it's very close to the town centre."



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Arriving in style

CLASSIC cars, stretch limousines and even the odd tractor turned out to take students to their school proms in style.

Teachers, family and friends turned out to watch Newmarket College class of 2012 arrive at the Bedford Lodge Hotel on Tuesday, July 3.

Josh Matthews and Abi Doggett were crowned prom king and queen while Charlie Davy and Shelley Rippingale were named prom prince and princess.

A spokesman for the college said: "College staff were delighted with the evening and said they were extremely proud of their students. Thanks also go to the parents for supporting them through the last three years and to the Bedford Lodge for hosting another superb event."

Mildenhall College was transformed for the evening on Friday, July 6, for the year 11 prom. Some of the students pulled up at the Bury Road school aboard a prom bus, on motorbikes and in a horse-drawn carriage.

Yolanda Szuszman, organiser of the prom, said: "The 2012 prom was a real night to remember for our outgoing year 11 students who all looked stunning – the girls in their gorgeous ball dresses and the boys in their suits. There were a few nail-biting moments with the weather but the sun came out and we were able to roll out the red carpet when our prom guests arrived."

Mildenhall College



CP



CP



New era starts for Red Lodge pupils

A NEW school in Red Lodge for Tuddenham Primary's pupils has been completed ahead of schedule.

The opening plaque in the foyer of St Christopher's Primary School was unveiled by county councillors Lisa Chambers and Graham Newman last Thursday ahead of the handover of the school to its headteacher at the end of the month.

Tuddenham Primary School pupils and staff will finish the term at their old school and pick up where they left off in Red Lodge in September.

Cllr Chambers, who represents Red Lodge, said it was a lovely environment. It is just a shell at the moment, she said, but she was looking forward to returning to see the "youngsters running around,

■ JENNIE BAKER

the desks and the dinner queue, and all the other elements that will bring the building alive".

A group of students worked with the design team and some of their requests have been incorporated into the school, including coloured glass in the main hall.

Cllr Chambers said she was proud of the green credentials of the building, funded by Suffolk County Council and section 106 money contributed by developers.

She said: "There isn't air conditioning, it's naturally ventilated. We have tried to use as much natural light as possible when building to minimise the use of electric lighting."

She said it also incorporates a woodchip boiler and has a low carbon footprint.

Cllr Chambers said the existing school at Tuddenham is "bursting at the seams".

She said: "It is very sad for Tuddenham. It's the 50th year for the current school building in Tuddenham and I think everybody recognises that it's very sad losing their school, but for many years now the majority of the pupils have all been Red Lodge residents. About 60 to 70 per cent have actually come from Red Lodge village."

She said there has been plenty of "wartime spirit" about at Tuddenham, where staff have been working hard.

Cllr Chambers said: "There has been a real sense of that with the teaching staff. I'm a governor at Tuddenham school and I have been able to hear from the headteacher and the other governors about how the staff are really pulling together."

ALL NEW: Red Lodge Primary School is unveiled ahead of schedule.

Pictures: David Johnson 843863



NEW HORIZONS: Headteacher Kathryn McMurtary, Cllr Graham Newman, Cllr Lisa Chambers and Cllr David Bowman.

843853



ACRES OF SPACE: Red Lodge Primary School and, inset, Cllr Graham Newman and Cllr Lisa Chambers at the official unveiling.

843859 / 843852

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Much to look forward to with racecourse concerts

WHAT a manic week we had this last week – so many people in town for the sales. I think everywhere was busy. Newmarket Racecourse had brilliant weather for Ladies' Day. We need the weather to improve for this week. Newmarket Nights are on again this week, so make sure you go along and enjoy the racing and the concert. Jacko Fanshawe had a birthday the other day, so congratulations on her 29th birthday. More congratulations to Ellie Bell

and Daryl McLaughlin on their engagement. The New Astley Club are having another celebrity quiz night soon and this time the quiz master will be Steve Smith Eccles. The date for your diaries is August 15 and it costs £10 per team. It looks like the Racing Newmarket team will have new rear-of-shirt sponsor details next week. There will also be details of the sponsor for bloodstock agent of the year for this year's Horseshoes 2012.

RACING NEWMARKET

Social news from the racing scene with Howard Jones



Memories

Share your old pictures with readers of the Newmarket News... just send them to the address in the panel on the far left or email them to us with your contact details



This week our Memories photo, from our archives, shows some young lads in a soapbox. But where were they going in it that day? Do you have any idea where or when the picture was taken and what was going on? Write to Newmarket News, 15 High Street, Newmarket, CB8 8LX or email editorial@newmarket-news.co.uk. Last week's Memories photograph, inset, showed nurses from the Newmarket area running a petition. 332553 /295093



Your Community

Tell us what's happening in your community. Reports from clubs, societies, reviews of local productions, your pictures... we want to see it all! Write to Newmarket News, 15 High Street, Newmarket, CB8 8LX or email editorial@newmarket-news.co.uk

Newmarket Links Golf Club

A CHARITY golf day has raised £6,400 for three cracking causes.

Almost 200 guests and members of Newmarket's Links Golf Club took part in the day in aid of Newmarket Day Centre, St Nicholas Hospice Care and the Motor Neurone Disease Association.

Bryan Short, the men's captain, chose the motor neurone disease charity after he lost his wife, Enid, to the illness seven years ago and the hospice charity was selected by women's captain Patricia Wallace. Both captains wanted the day centre to benefit from the event held last month for the 28th consecutive year.

At a charity auction, sporting lots including golf clubs and a ride on a riverboat closed during the day, which also featured a tombola, a barbecue and a musician.

Mr Short, 77, the oldest captain the club has ever had, said: "We have received generous support from our members, visitors and businesses in and around Newmarket, for which we are extremely grateful."

The members' competitions were won by Peter Grubb and Graeme Berridge with 38 points and Sarah Reardon partnering Carol Wigham with 33.

The total raised for the charities will be boosted in the coming months.

RSPB Lakenheath Fen

BRUSH up on your botany at a nature reserve which contains more than 100 species of fenland plant.

Katherine Puttick, reserve warden at the RSPB Lakenheath Fen Nature Reserve, will be leading the botany for beginners event at the site where species including the celery-leaved buttercup and the water figwort can be found.

The event takes place between 1pm and 4pm on Sunday, July 22 and will involve an introductory talk and a two-mile walk around the reserve.

David White, information officer at RSPB Lakenheath Fen, said: "Fenland plants are fascinating. Some of them have fantastic names and come in all shapes and sizes. Why not come and learn more about them?"

Taking part costs £4 for adults and £2 for children. RSPB members and Wildlife Explorers can get in for half price.

Participants are encouraged to bring insect repellent and wellington boots. Booking is essential, so to reserve your place, call (01842) 863400 or email lakenheath@rspb.org.uk.

Chippenham

A FORMER West Indian fast bowler has unveiled Chippenham Cricket Club's £32,000 nets.

Michael Holding, now a Sky

Sports commentator, cut the ribbon to officially open the nets in front of about 100 players and members of the club on Monday, June 25. The facilities were funded by grants from the Cambridgeshire Community Fund, East Cambridgeshire District Council, The Lord's Taverners and Chippenham Parish Council.

Darren Hughes, the club's treasurer and project manager, said: "We are thrilled with the development of the nets which really means we now have some of the best facilities in the county."

"They are particularly important for our rapidly growing junior section, as well as the senior sides."

For more information about the club, visit <https://chippenham-cricket-club.eschools.co.uk/site> or email Nicki Rutter, the club's junior cricket administrator, on nicki.rutter@btopenworld.com.



COLOURFUL: Joan Watkinson with a jigsaw of the Sistine Chapel ceiling.
Picture: Keith Heppell 843019.

Puzzles to boost funds

A PUZZLING sight greeted visitors to a Newmarket church.

St Mary's Church's second jigsaw festival featured hundreds of puzzles with many on display selling quickly.

Janet Ramsay-Helie, churchwarden at St Mary's and the organiser of the jigsawfest, said the event had raised £1,100 for church funds and another £200 was made from refreshments and at a nearly new sale.

She said: "We have had extremely good comments from people who have come from quite a distance to see them and it's planned to do another one next year. It seems to be growing year by year and we have got more volunteers for making up the puzzles, which is good, but we can always do with more."

To donate a jigsaw or to help call (01638) 603489.

Rethink on scheme for town takeaway

A CONTROVERSIAL bid to turn an empty shop in Newmarket High Street into a hot food takeaway has been withdrawn – but it will be resubmitted following alterations.

Hassan Akdogan, business director of Rumbles Fish Bars, said they had withdrawn the change of use application for 14 High Street following complaints about its flue system.

The new application for the former Kismet Therapy Rooms premises will involve the location of pipes inside the chimney rather than on the outside of the building, he said.

Mr Akdogan said: "A couple of people have complained about the flues so we are going to change the plan and put the flues in a different place. Then we will have to wait again for a few weeks

JENNIE BAKER

and we should get a result."

He said Newmarket is a nice town which was thriving last week because of the racing which brought benefits for local businesses.

He said: "I don't give up easily, I have been waiting for that shop for five months."

Newmarket Town Council's development and planning committee has opposed Rumbles bid, saying: "The committee objected on the

grounds that the cumulative impact of another takeaway in the High Street is not in keeping with the Vision for Newmarket and is inappropriate for a conservation area, and that parking issues would also impact on traffic in the High Street."

Other objections around parking and deliveries, smell and waste, for example, have been submitted by parties including competitor and nearby businesses and a member of Forest Heath's environmental services team.

Rumbles' bid to turn the Clock Tower Café opposite number 14 into a fish bar was rejected by Forest Heath District Council last summer because it was felt it would affect the site of a listed building.

The district council will make a decision when the application is resubmitted.

'I don't give up easily. I have been waiting for that shop for months'
– Hassan Akdogan

Man's river death will remain a mystery

THE reason for a man's death will remain a mystery, an inquest heard.

Andrew Dunning's body was found in the River Great Ouse in Ely on April 18 after his wife, Heather, woke up to find he was not at their Aureole Walk home.

In a statement read by coroner William Morris, Mrs Dunning said they used to walk along the river and have a drink at the Maltings.

She said her husband was a "kind, generous helpful man".

She added: "He was very protective of me, he loved the garden and animals. He was the love of my life."

Mr Dunning, 54, had worked maintaining housing for South Cambs District Council for three decades – his wife said she thought changes at work and her ill-health meant things had got on top of him.

He collapsed on April 8 and it was noted he was under stress. He was signed off work for a week and was sent home on his return because he was

not well enough.

Consultant pathologist Dr Martin Goddard said Mr Dunning could have meant to drown himself or accidentally fallen into the river, with the shock of cold water causing cardiac arrhythmia.

A third possibility was Mr Dunning suffered a sudden cardiac arrhythmia, causing him to collapse and fall in.

An open verdict was recorded at the Wisbech inquest.

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Harrison Wheatcroft 6' zip & link 4 drawer divan set + headboard	£7098	£2499
Harrison Knotberry 3' legged divan set	£1578	£599
Morris Grange oak 4'6" bed frame	£999	£399
Morris Grange oak double wide chest	£1199	£449
Morris Orleans rustic wood 2 door robe	£1199	£449
Alstons Linatra cappuccino finish 4 door bi-fold robe	£1487	£449
Alstons Linatra cappuccino finish dressing table + mirror	£379	£229
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>> in Brief

Local adults top activity league

ADULTS in Forest Heath are the most active in the county, a survey has revealed.

Sport England's Active People Survey found 37 per cent of over-16s in the district take part in sport and active recreation for 30 minutes or more at least once a week.

The figure tops the table in Suffolk and is above the national average.

Cllr Warwick Hirst, cabinet member for health, leisure and culture at Forest Heath District Council, said: "This is great news, especially in Olympic year. The council has a good track record of investing in sport and providing opportunities for people to get involved and it's great to see that investment getting results."

"The district also has a really strong network of community sports clubs, which provide a huge range of opportunities for people of all ages to take up sport."

Thieves take sat-nav system

THIEVES have stolen a tablet computer, a sat-nav and a mobile phone from a car in Freckenham.

The windscreen of the Ford Mondeo in Shores Close was smashed and the valuables were taken between 10pm on Saturday, July 14 and 5.30am the next day.

Call Suffolk Police on 101 with the reference MH/12/1362 if you saw anything suspicious.

Park lark set to woo families

HAVE a lark in the park in Mildenhall on Saturday.

The free fun day in the Jubilee Fields will begin at 11am and, for the first time this year, families can have fun on a surf simulator.

Visitors can wander round the Mildenhall Craft Fair, get stuck into crayfish fishing, have a go at bungee trampolining – billed as the next best thing to flying – and scale a climbing wall.

Vintage cars will roll up to be admired and circus skills, an inflatable dome, face painting and arts and crafts will be among the activities on offer for youngsters.

Charges may apply for some of the attractions.

Hunt is on for stolen trailer

A LORRY trailer has been stolen from a Mildenhall business.

The offenders got into the secure compound in Leyton Avenue through a locked ground floor window between 5pm on Tuesday, July 10 and 8am the next day.

They took keys for a blue Mercedes lorry trailer, whose registration is W499 PSF, and used them to take the vehicle.

Call Pc Rebecca Gardiner of Suffolk Police on 101 with any information.



EQUINE INTERESTS: Chris Richardson, managing director of Cheveley Park Stud, with Patricia Thompson, Stuart Richmond Watson and Christopher Tregoning.
Picture: David Johnson 7843677

Stallion parade boosts museum funds

STALLIONS paraded for guests at an event which raised more than £10,000 for Newmarket's National Horseracing Museum.

Friends of the High Street attraction visited Cheveley Park Stud last Wednesday to catch a glimpse of horses including Pivotal, Dutch Art

and Medicean.

After the parade, guests enjoyed drinks in the home and garden of the stud's managing director, Chris Richardson, who provided commentary during the parade, and his wife, Annie.

Mrs Richardson said: "It was a huge

success, it raised a lot of money for the National Horseracing Museum, about 250-odd people came, it could not have been better."

The event was organised by the trustees of the museum and hosted by the owners of the stud, Patricia and David Thompson.

Pupils counting down to final school bell

■ JENNIE BAKER

CELEBRATIONS are stepping up at a Newmarket middle school which is closing for good on Friday.

The community flocked to Scallback on Sunday to enjoy a fun day, revisit old haunts and congratulate the school during its 40th anniversary year.

DVDs featuring footage from inside the school and performances by each of the classes have been made for Scallback students who have been enjoying a week jam-packed with activities, including music and graffiti workshops.

Alison Swain, headteacher of the school shutting as part of the reorganisation of education in Suffolk, said she would remember Scallback as a supportive place where everybody worked together

towards a common goal and pulled together if anything went wrong.

She said: "I always want to be here in the mornings – there is never a day where I don't want to be here, which to me means it has been a very special job."

Mrs Swain, who is moving to Newmarket College as its arts faculty leader, said staff from Scallback, Newmarket's St Felix Middle School which is also closing, and Newmarket College, which is expanding to cater for the middle school's children, had been working hard over the two-and-a-half years in preparation for the change in the education system.

But, she said, that just because they had planned all they could to make the move a success did not

mean they were not sad about the closure of Scallback.

She said: "I think it's very sad because it's such a lovely, friendly school with a great atmosphere."

"There has been a lot of positive induction with regard to the future, so I think the children's future has been secured by a lot of really hard work going on between the middle school and the college."

And school staff have been giving it their all in advance of the closure to give the children a great send off, she said.

She said: "The staff are working so hard for the kids and providing them with a wonderful variety of activities and things in our final activity week. I think the staff are just amazing – the work they have put in to make the last week here great for the children."

Rugby legend helps anniversary event

A FORMER England rugby captain has helped an appearance at P & B Flooring on Thursday, June 28, to mark the anniversary of the company headed by Paul

Cocks whose parents, Audrey and Peter, founded the firm in 1962.

A spokesman for the company, which has been based in Hammond Close off Exning Road for the last 15 years, said it had been a good event. She said: "We had past customers, present

customers and there was family and friends, it was just a nice day, it was very relaxed."

She praised the business's approximately 50 staff and said trading for 50 years was "quite an achievement".

She said: "It's a really good company – it's very

family based.

"The people that come to work here seem never to leave and everybody that's here actually works hard."

"They are all very conscientious so it bodes for a good atmosphere and a good working environment."



FOR YOU: Angela Yares presents a cheque to Prof Dick White, founder of Dick White Referrals in Six Mile Bottom. CP

Pet owner thanks vet team

A GREYHOUND'S owner has run 10k to thank the vets who helped him. Angela Yares' pet, Kewell, was sent to Dick White Referrals in Six Mile Bottom for a fracture repair earlier this year. She took on the Grand East Anglia Run in aid of Cuban street dog and cat charity Aniplant which is supported by the clinic to express her gratitude. She handed Prof Dick White, the clinic's founder, a cheque for

£250 on Monday, July 2. The sum handed to The Dick White Charitable Foundation will be spent supporting Aniplant. Angela said the treatment and care Kewell had received at the clinic had been fantastic. She said: "I had no idea such places existed and they looked after Kewell so well that I wanted to show how grateful I was. I had read about the support they were giving for Aniplant, a charity which cares for street

dogs in Cuba, and I felt it might be a way to show my appreciation. "I know that DWR have recently funded a permanent clinic in Havana and are now planning to send equipment over there. It's great to know that I have done something to help and to repay them in some way for the excellent care received by Kewell." Angela, from Downham Market in Norfolk, completed the run in King's Lynn in May in 67 minutes.

>> in Brief

Thieves lift metal gate

AN 8ft metal gate has been stolen from an entrance to a Stradishall farm.

Thieves took the galvanised gate from Wickambrook Road between Wednesday, July 11 and Friday, July 13.

Call Suffolk Police on 101 with the crime reference HH/12/1529 if you can help.

Burglar is scared off

AN offender fled empty-handed after being disturbed while burgling a Worlington garage.

The garage off Golf Links Road in the village was broken into shortly before midnight on Wednesday, July 11. The burglar made off in a small dark-coloured car.

Call Suffolk Police on 101 with the reference MH/12/1337 if you saw anything suspicious.

Appeal over stolen car

A CAR has been stolen from a parking bay in Mildenhall.

The blue Mercury Milan was taken from Globe Close between 11pm on Sunday, July 8 and 6.15am the next day.

Its registration is AE57 HTC.

Call Suffolk Police on 101 with the reference MH/12/1311 if you saw anything suspicious.

Police hunt after blaze

ARSONISTS torched a car in Burwell.

Firefighters were called to land at the rear of Ness Road at 2.15am last Friday.

Anyone with information should call police on 101.

Heater taken from house

AN emersion tank has been stolen from a bungalow in Red Lodge.

Burglars damaged a window at the back of the home in Boundary Road to get in between 9am on Friday, July 6 and 4pm on Monday, July 9.

Damage to piping was also caused when offenders tried to take radiators from the property.

Call the force on 101 with the crime reference MH/12/1320 if you can help.

Drink-driving purge reveals crash statistics

A THIRD of the motorists who failed a breath test during an anti-drink drive campaign had been involved in a crash.

Suffolk Police carried out 951 breath tests during its summer drink drive campaign in June and 8.6 per cent of those tested – 82 drivers – failed. And 27 of the drivers whose results came back positive had been tested after a collision.

Sgt Paul Ward of Suffolk Police's collision reduction team said: "Driving when over the legal limit is incredibly dangerous and these results demonstrate exactly that. Those offending need to realise that they are not just putting themselves at risk but other innocent road users as well. This is a very serious issue and can have severe consequences."

The highest failure rate was among men aged 25 and older, whose tests came back positive in 9.4 per cent of cases. Two hundred and six drivers aged 25 and under were tested and 14 failed while positive results were returned in 68 of the 745 tests carried out on men and women older than 25.

The same crackdown in 2011 saw 111 tests come back positive out of the 507

■ JENNIE BAKER

carried out, equating to a 21.9 failure rate.

Sgt Ward said: "Last year's results were disappointing so it is good to see an improvement in the figures, especially with the European Championships and the Queen's Jubilee being held during the campaign."

"However, we must not rest on our laurels and have to acknowledge the fact that just under 10 per cent of drivers tested were above the legal limit."

"This year more tests were carried out than during last year's campaign and I hope that acts as a warning to motorists – if you drink and drive you should not think you will get away with it. If you break the law and drive over the limit our officers will be waiting to catch you."

"Drink or drug-driving is one of the fatal four driving offences and will not be tolerated by Suffolk Police. This remains a priority and we will continue to do checks throughout the year."

Suffolk Police has urged anyone suspecting someone of drink-driving to call them immediately or to contact Crimestoppers on 0800 555111.

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Various set menu offers are available, and on Sundays you can enjoy a three-course meal for £9.95.

The Old Scotch is open from noon-2.30pm and 5pm-11pm during the week, and 5pm-midnight on weekends.

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Scientists launch dog disease test

A TEST to stop Beagles suffering a devastating disease has been launched by scientists at Kentford's Animal Health Trust (AHT).

Experts from the AHT's Kennel Club Genetics Centre have discovered the genetic mutation that causes the progressive neurological disease Neonatal Cerebellar Cortical Degeneration (NCCD) which has no cure.

A DNA test has been developed which means owners can avoid breeding two healthy dogs that carry the mutation and whose puppies could suffer from the disease.

The scientists believe the test could eradicate the disease before it gets a grip in the country.

Cathryn Mellersh, head of canine genetics at the AHT, said: "Because we have identified the mutation for NCCD before it has had a chance to become very widespread, breeders have the means to eliminate this mutation from the breed with very little trouble before the

■ JENNIE BAKER

disease ever becomes a problem in the UK."

The mutation was identified after a four-week-old dog suffering from the disease was put down and its body donated to the AHT's research team by beagle breeder Jacqui Walton.

Dr Mellersh said: "We normally need DNA from a minimum of 12 affected dogs and the same number of healthy dogs to find the mutation responsible for any inherited canine disease. But NCCD is fortunately a rare disease and it was likely that it would take a long time to collect DNA from this number of affected dogs."

But PhD student Oliver Forman managed to use a

different method to track down the mutation in the affected puppy.

Dr Mellersh. "Although this particular puppy's story was a very sad one, the breeder did all the right things by bringing the puppy to the AHT, where our highly-skilled veterinary neurologists were able to team up with the Kennel Club-funded genetics team to solve this disease."

Steve Dean, chairman of the Kennel Club, said: "This is an example of good science being used as an early warning mechanism for a disease which could cause problems if left unchecked."

"We are delighted that scientists at the Kennel Club Genetics Centre at the Animal Health Trust have been able to develop a DNA test at such an early stage which will help to ensure that breeders can breed dogs that are free from the condition in the future."

The AHT estimates about five in 100 beagles carry the NCCD mutation.

For more information about the DNA test, visit www.ahtdna.testing.co.uk

This is an example of good science being used as an early warning mechanism

Steve Dean

>> in Brief

Car taken from drive

A SUBARU Impreza WRX has been stolen from a Newmarket driveway.

The silver car, which has a double wing spoiler, was taken from Petingo Close between 7.30pm on Thursday, July 12 and 5.20am the next day. Its registration is L78 WFL.

Call Suffolk Police on 101 reference NE/12/1215 with any information.

College gets cash boost

NEWMARKET College has landed a grant of £1,000 from the BAA Stansted Airport Communities Trust.

Students will use the 18 digital cameras and associated equipment bought with the money to enhance their coursework.

Anne Wilson, a teaching assistant at the school, found out about the grant on a local news programme and head of faculty Adrian Weston prepared the bid.

Newmarket News



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Turning my the call of

DEBZ Lowry is a woman who seems very much in control of her life.

A qualified counsellor, she used her skills to set up the Focus Foundation – an award-winning organisation (it scooped a *Cambridge News Community Challenge Award* in 2002) helping marginalised people in Cambridge – and is now working towards setting up a Christian recovery centre in the city for people suffering from alcoholism, drug addiction and mental health issues.

But life hasn't always been so positive for the mum of six. A turbulent childhood saw her abducted when she was 4, become the victim of an appalling gang rape and spend time in a young offenders' institute. As a teenager, she dabbled in witchcraft and later endured a series of violent relationships from which, she claims, she narrowly escaped with her life.

"I'm a lucky woman to be here today," the 56-year-old says with a smile. "For me to come out of all of my experiences, totally unscathed, I think is quite remarkable."

Debz, who lives in Cambridge, has now chosen to share her story

Violence and abuse pushed Debz Lowry's life into a spiral of drugs, mental illness and an obsession with witchcraft and Satanism. Then she saw the light and found a Christian faith that turned her life around – and now she's dedicating herself to helping others do the same. Louise Martin reports.

with the world in a warts-and-all autobiography. Called *Dark Seeds 3am*, it's a harrowing yet gripping read – and Debz admits she thought long and hard before putting pen to paper.

"The thought of writing my book had been on my mind for 20 years," she says. "I didn't really want to relive the experiences but I knew I needed to tell my story because there are people out there going through similar circumstances."

"It took me just over a year to write and there were lots of times when I put the book down and thought 'I can't believe I've been through all this and I'm now in a place where I'm completely well'."

Abuse and violence are major themes throughout the autobiography – as is the supernatural world (Debz claims to have seen her first ghost at the age of 11, and believes there was "something demonic" in

her childhood family home.)

When Debz was 4 she wandered out of her house in Brighton without her mum seeing her and was bundled, kicking and screaming, into the back of a car. Some time later she was left by the roadside, and was later found by her frantic mum.

During her school days, Debz was so unhappy she repeatedly ran away from home, only to be hauled back again. She began drinking and smoking marijuana and, according to the book, was subjected to a vicious gang rape while visiting a fairground.

"It seemed to be one trauma after another," says Debz. "When your life takes a downward spiral you then become a vulnerable person. I never thought my life would ever get better or change. I felt totally used by people."

Following the rape, Debz returned to her family, and it was decided she would

be sent to an approved school. But just a few days after starting, she ran away again, this time falling in with a group who were taking LSD. She was just 14 when she tried the hallucinogenic drug and from that day on, she continued taking it every time she escaped from the school.

On one of her escape attempts, she hitch-hiked to Chichester, where the 15-year-old met a man – called "Paul" in the book, though it's not his real name – eight years older than her. When she returned to Brighton, she told her parents she had fallen in love with him and they were moving in together. "I went to him but the police were soon looking for me because my dad had put an article in the papers about a 15-year-old girl missing from home," says Debz.

When the police tracked her down, she was so desperate not to be taken away that she assaulted the



INTO THE LIGHT: Author Debz Lowry.

Picture: Warren Gunn 839816

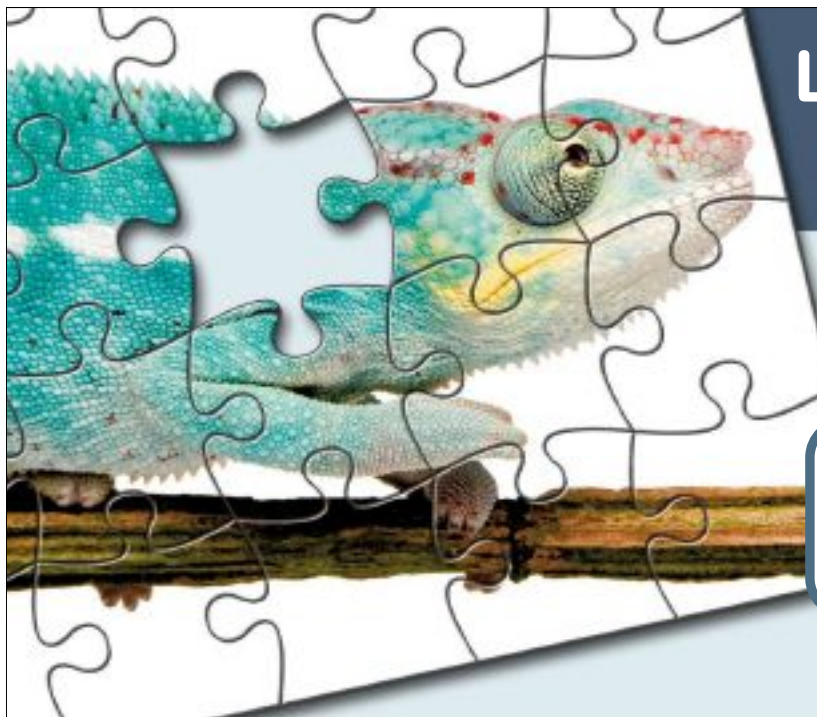
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back on the Devil

police officer while trying to escape. She was arrested and the following day a court ordered she be sent to a young offenders' institute. She was due to serve her sentence at Bullwood Hall in Essex, but first she had to undergo psychiatric reports at Holloway Prison.

"To be put into a prison where there were people coming off heroin addiction, mental health patients, murderers... it was the most terrifying experience ever," says Debz.

She was staying in the hospital wing but she had to walk through the prison wing to get to the psychiatric office. On one occasion, she saw the Moors murderer Myra Hindley. "She was being escorted by two prison officers but just a brief glimpse of her was absolutely terrifying."

During her time at Bullwood Hall, Debz began self-harming and also gave herself numerous "tattoos" using glass, a needle or lead from a pencil. The tattoos include the words hells angel, acid, hate, living death, Hendrix, freedom, hell and Satan. Bullwood was also where Debz met a girl who had been arrested for desecrating graves while on acid. The girls bonded in their common interest in the occult and would often recite The Lord's Prayer backwards.

After serving 16 months at Bullwood Hall, Debz was given a dishonourable discharge because of her disruptive behaviour. Shortly before she was released, her mum died of liver cancer. "That really flipped me over the edge," she admits. "I didn't get any counselling: if you self-harmed you were just bandaged up and put back in the cell."

On her release, Debz went to see her dad, brother and sisters, but any hopes she had of a family reconciliation were quickly dashed.

The 3am part of *Dark Seeds* comes from what Debz describes as a "paranormal incident" which happened to her and her friend Kevin. They were living in Sheffield and Debz, who was 17 at the time, admits she was fixated with trying to make Satan appear. "My curiosity of the paranormal world became totally an obsession to me, and I think that's demonic in itself," she says now.

Debz had gone to bed but



remembers waking at exactly 3am, feeling like she was being drawn to go downstairs to where, she believes, Satan was waiting for her. "There was a presence that appeared and it filled the room. It wasn't a stature of a person or anything small – it was absolutely huge. I couldn't breathe. I felt absolutely consumed by its presence."

"People joke about the devil or Satan, but he's real. I'd said to Satan in my invocations 'If you appear before me and give me power and control back in my life, I will give you my soul'; that's the pact I made."

Terrified by the situation, Debz ran back up the stairs to Kevin, but the ordeal wasn't over. "We heard the pounding of hooves on the stairs and then Kevin, who I didn't know had a Christian background, shouted 'get behind me Satan in the name of Jesus Christ!'"

Seconds later, according to Debz, the sound disappeared and the cold chill that had filled the house went. "Talking about it now even freaks me out a little bit," she says. "I think that night if I'd given my soul to the devil I wouldn't be here now. I'd be dead or completely mad – one of the two."

Shortly afterwards, Debz headed back to Brighton, where she dabbled further in witchcraft and suffered a breakdown caused by drugs and sexual abuse. "I had a breakdown when I was on LSD, and I was never the same when I came round. I saw a doctor who told me I had schizophrenic symptoms brought on by the LSD."

At her lowest ebb, Debz returned to the older man she had met when she was 15. She was still only 18, but had been through so much she was, she admits, severely mentally unstable. "I couldn't communicate

properly, I thought my food was poisoned, I was agoraphobic, claustrophobic and full of fear. I spent my time screaming and rocking on a bed."

On one occasion, Debz became so consumed by fear she remembers losing all sensation in her body – as if she had become detached from herself. In desperation, she called out "Jesus Christ, help me" – after which, she says, she experienced an "instant feeling of peace" which she can only describe as "a miracle".

"All the voices in my head stopped, I was completely normal. The love was so immense and so powerful and protective and it brought wholeness into my life for the first time."

The experience led Debz into Christianity, and she seemed to be getting her life on track. She married "Paul" and the couple moved to Thetford and had four children – Charmaine, now 35, Vinnie, 34, Michelle, 32 and Marie, 31. But when the marriage hit problems she turned to the church for help, only to be told they didn't agree with divorce. "I'd been through so much and I thought, there can't be a God. I had become depressed and I lost my Christian faith."

After moving to Cottenham in the mid 1980s, Debz rediscovered Jesus, but continued to face challenges that severely tested her faith.

But slowly and steadily, she rebuilt her life and, with the help of her faith, is now living life to the full and has two more children: Zoe, 21 and Jade, 17.

"I want people to see that even though you go through lots of different things in life, you can have a life. I've converted from witchcraft to Christianity, from a dark world to a heavenly world, and that's where I'm staying."

"My next step is to set up the Christian recovery centre. Out of all that pain came a lot of good and I want to use my experiences to help other people."

■ Debz is open to questions about *Dark Seeds 3am* and will be at Tesco in Newmarket Road, Cambridge, today and at Bar Hill Tesco on Saturday, July 21, from 9.30am.

■ An extract of her book is at www.darkseeds3am.co.uk

Nature



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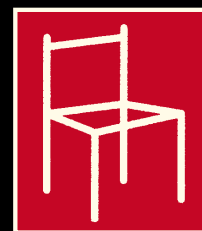
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FREE fajitas at new restaurant

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To claim your free fajitas from Arriba Tex-Mex in Sun Lane, Newmarket, fill in this form, cut it out and take it to the restaurant. Offer is limited to the first 25 voucher-holders. Offer valid from Thursday, July 19 until Wednesday, July 25. One fajita per voucher-holder. Your details may be kept on file by Arriba Tex-Mex for marketing purposes. Photocopied or defaced vouchers will not be accepted.

FEAST on a round of fajitas from a new Tex-Mex restaurant in Newmarket.

The first 25 News readers through the doors of Arriba Tex-Mex inside Unique in Sun Lane will be rewarded with a sizzling meal of classic chicken, tiger prawn or roasted vegetable fajitas absolutely free.

The meal normally sold for £7.95 also includes guacamole, salsa and sour cream dips, three tortilla wraps and Cajun wedges which can be substituted for chips.

Chef Daniel Stanley said everyone loves a freebie and taking part in the giveaway would show people what Arriba had to offer.

He said: "It's just to get people to try the food. If people have not got much money it's something you can give away. People can try it and they will know we are here as well."

He opened the restaurant with his girlfriend, Helen Tervit, 21, just five weeks ago and Arriba has been serving at lunchtimes and during the evenings between Monday and Saturday for the last three

weeks. The 24-year-old, who gave up his job as a head chef to start the restaurant, said: "The first weekend was good because we had a lot of friends come down to try it and last week has picked up so it's getting better. We did 16 for dinner last Thursday and on Saturday we had a busy day so it's starting to pick up."

The role of head chef will be taken over by Jason Riley towards the end of the month. Daniel said: "We have come from good backgrounds in cooking but at the end of the day people don't want expensive, people need good value for money now."

"We have good quality food, we have got good quality suppliers and the food is all fresh and homemade on site."

To get your free meal, fill in and hand in your coupon at Arriba between tomorrow (Thursday) and Wednesday, July 25. The restaurant is open between noon and 3pm and from 5pm to 9pm six days a week.

Call Arriba Tex-Mex on 01638 676653.



Feast on fajitas: Chef Daniel Stanley at Arriba Tex-Mex in Newmarket.



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Established 15 years ago, but only in its current Barrow location since 2007, the popular stables are home to around 30 horses used for lessons, plus another 20 in the livery yard.

Children aged four can enjoy lead rein walks around the fields, while anyone from five upwards can take part in either private or group lessons, or hacks in the picturesque surrounding countryside.

Instructors specialise in show jumping, dressage and cross country, and there are

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numerous in-house competitions to participate in. There are also an extremely popular range of activity days over the school holidays, including 'Own A Pony Days', 'Show Jumping Days', 'Pony Olympics' and much more. Summer camps, lasting two or three days, mean your child can sleep in a tent and bond with the resident horses, and are sure to book up fast. Birthday parties can be tailor made to meet your requirements, with four to 12 children participating.

National Diplomas courses are also run from the Riding School, through The College of West Anglia, offering Levels 1, 2 and 3 in Horse care and Riding. With an onsite assessor, there's not a much easier way to get started in the equine industry. These courses enrol



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each September, and all interested should contact the yard.

There is also a small tack shop onsite stocking gloves, whips, hats and more.

When you block buy a course of 10 lessons, you'll receive the 10th half price, plus there's a very special offer available when you

present this advert: £2 off any riding lessons or £5 off a full day activity day.

Visit Barrow Hall Stables on Church Road, Barrow, Bury St Edmunds.

For more information call (01284) 811995, email enquiries@barrowhallstables.co.uk or alternatively visit www.barrowhallstables.co.uk.

THE GUIDE

THIS WEEK

Latest films 16

Gardening 17

7-day TV guide starts on 18

Sister among blood brothers

Singing sibling Maureen Nolan is currently starring as Mrs Johnstone in **Blood Brothers** – a role performed by three of her sisters before her. She talks nature and nurture with JENNIFER SHELTON

THE Nolan sisters seem to do everything together. Not only have they been singing as a group for more years than they'd probably care to remember, the girls from Dublin have now simultaneously caught the acting bug.

Willy Russell's *Blood Brothers*, for example, has seen four of the sisters take on the character of Mrs Johnstone in the last decade, and is currently touring the country with Maureen taking her turn in the role.

Known as 'the pretty Nolan' (or 'the shy one', as she would have it), 58-year-old Maureen – named after her mother – is softly-spoken, referring to her sisters and her own growing family (she has one son and two granddaughters) with great affection.

Seeing her sisters perform before her has certainly helped her with her latest part, and it was while watching *Blood Brothers* with her sister Bernie, Maureen tells me, that she first fell in love with the play.

"Last week we were in Manchester and the first time I saw it was there, at the Opera House, with Bernie. That was in about 2000, and I absolutely fell in love with it and proceeded to see it another 18 times!

"It's just my favourite, favourite play. I love the story. Willy Russell's writing is amazing, and he really makes you love the boys. He draws you in so you're laughing all the way through. And it makes it all the more powerful at the

end." How did she feel about filling her sisters' shoes?

"Bernie was in it, then Linda and Denise, so I suppose initially there was a little bit of extra pressure, and we do have a bit of gentle rivalry, but they've all seen me and we're all very supportive of each other.

"It's directed and produced in the same way, so all you can do is bring your own slant to it," she adds. Asked what that slant may be, she replies: "When Bernie first did it, she wasn't a mother at the time, and Linda and Denise have no children, so I think maybe I bring more of a maternal feel to it, having my own son."

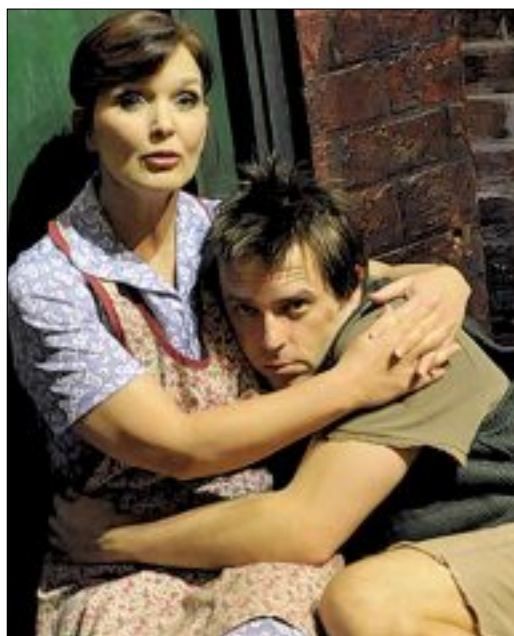
Maureen first landed the role in the West End in 2005 and returned to it in 2007, but is enjoying taking the show on tour – with Cambridge a particular highlight.

She says: "Cambridge is my favourite place, I absolutely love it. I've been there a few times before and I'm looking forward to spending some more time there. I know you probably take it for granted, living there, but I think it's such a fantastic place."

In 2009, Maureen, Bernie, Linda and Coleen hit the road once again with their reunion tour, which took in Cambridge Corn Exchange.

"It was the most fun I think we've ever had," she says. "It was just amazing – pure cheese, camp fun! And the reaction we got from the public was just fantastic, I'm so grateful.

"While I'm very happy with what I'm doing at the moment, and I wouldn't go back to doing the circuit full-time, it was



CENTRE STAGE: Maureen Nolan with Sean Jones in *Blood Brothers*, playing at the Cambridge Arts Theatre until Saturday.

just a great chance to get out there again with the girls," she smiles. "We might be doing it again next year as a kind of final farewell."

Though the tour did prove a hit, it also sparked some tension between the sisters, with Anne, the eldest, claiming she was excluded. Denise, also a long-serving member of the group, was also absent.

Maureen seems to emerge as the peacemaker, however, being the only one to respond when the two older sisters offered an olive branch to the younger

four. And she's keen to focus on the good times they had together.

Born to musical parents, it was probably inevitable that at least some of the family would take up the showbiz mantle, and Maureen certainly caught the bug.

"In school when I was bored I'd be singing songs under my breath," she recalls. "My parents were both singers so they used to take us around with them from when I was about 9.

Was she aware of having a different childhood to others? "It was nice to be different, but of course when you're a teenager you just want to be the same as everyone."

As a family, 'The Singing Nolans' performed across the northern club circuit, having moved from Dublin to Blackpool in 1962. In 1974 the girls branched out as The Nolan Sisters, making regular TV appearances. Then, in 1975, they joined their hero Frank Sinatra on tour.

"That was probably one of the highlights of our career," beams Maureen. "We were brought up on his music – my family were mad music fans, but being such a big family we couldn't always afford tickets for concerts. So to get the European tour in 1975 was just a dream come true."

Was she nervous about meeting him?

"Very! He used to come up to us during sound checks, and we'd watch him in his, and he'd say, 'Well, of course you girls are a bit young to remember these songs', but we weren't! Our dad was really into him because he was a crooner too. I remember wanting to go up to him but because I had so many questions to ask I ended up asking nothing!"

Describing herself as shy, Maureen admits she never imagined making the move from singing to theatre. "I was very shy all the way through our career. When some of my sisters went into acting people would say, 'Ooh, you'll be next!' but I couldn't see it. So I'm always amazed when I'm out there doing it."

■ **Blood Brothers**, Cambridge Arts Theatre, until July 21 at 7.45pm.

Tickets from £15. Contact (01223) 503333/

www.cambridgeartstheatre.com.

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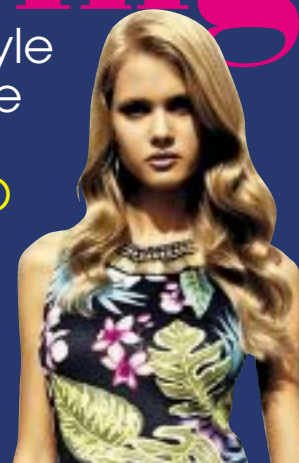
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Comedy classic on the stage

ROBERT Powell and comedian Joe Pasquale unite in comedy classic *Doctor in the House* at Cambridge Arts Theatre to celebrate the best of British comedy. When young student Simon Sparrow has to leave his first-choice lodgings to escape the clutches of his landlady's amorous daughter, he ends up with three amiable but less than shining fellow students as flatmates, including the work-shy Tony Grimsdyke (Joe Pasquale). Towering over them all is the short-tempered, demanding chief surgeon, Sir Lancelot Spratt (Robert Powell), who strikes terror into his inadequate undergraduates. The original Richard Gordon novel, *Doctor in the House*, is one of 12 'doctor' books and is noted for its witty depiction of a medical student's years of professional training. It remains a classic in its own right, based on Richard's own anecdotes and experiences of pre-war medical school. The 1954 film adaptation starred Dirk Bogarde and was the highest-grossing film of the year at the UK box office, spawning six follow-ups and a television series. ■ **Doctor in the House, Cambridge Arts Theatre, July 23 – 28 at 7.45pm. Tickets from £15. Contact (01223) 503333 / www.cambridgeartstheatre.com.**

The food of love

THIS year's Cambridge Summer Music Festival promises to turn "eclecticism into an art form" with a diverse line-up of concerts in some of the city's most historic buildings.

Highlights of the festival – which runs until August 4 – include Debussy's *Images* by internationally renowned pianist Melvyn Tan (Saturday, July 28, 1pm and 7.30pm, West Road Concert Hall) and Bach's *Trio Sonatas* played by organist Anne Page at a series of six lunchtime concerts in some of Cambridge's most beautiful sacred spaces.

French music and Debussy form a strong thread in the 2012 festival, with performances of French organ and piano music, the Wagner-inspired Debussy Baudelaire songs and works by the master of the glorious French baroque, Rameau.

The solo voice of soprano Elin Manahan Thomas adds a dash of Handel, with Elin being joined by virtuoso trumpeter Crispian Steele Perkins for some soprano/trumpet duetting in Bach's *Cantata 51* and Handel's *Let the Bright Seraphim* (Sunday, July 29, 8pm, King's College Chapel), while tenor Nicky Spence enchants with the songs of Ireland, Finzi and Vaughan Williams (Thursday, August 2, Fitzwilliam College Auditorium).

Other well-known names gracing this year's festival include former BBC Young Musician of the Year Nicola Benedetti, bringing her Benedetti Trio to play Strauss, Brahms and Tchaikovsky (Friday, July 20, 7.30pm, Guildhall), and the legendary Allegri Quartet, Britain's longest-running chamber music ensemble, who will be giving two concerts on successive afternoons, featuring quartets from Haydn to Anthony Payne, by way of Beethoven, Borodin and Tchaikovsky (Thursday/Friday, July 26/27, 3.30pm, Emmanuel United Reformed Church).

There will be appearances by other top ensembles including Dutch reed quintet



STAR LINE-UP: the Allegri String Quartet

Calefax, giving their interpretations of works from several centuries (Thursday, July 19, 7.30pm, Great St Mary's Church), and Exaudi, a young vocal ensemble setting poetry from the *Song of Songs* in a performance called *Juice of the Pomegranate* (Thursday, July 26, 7.30pm, Church of Our Lady and the English Martyrs).

The festival – which has been one of the highlights of the city's cultural calendar since its launch in 1979 – prides itself on venturing far beyond the confines of

classical music.

There is flamenco from Spain, folk music from Ireland, a celebration of the songs of Edith Piaf, plus music for banjo and harmonica, and a varied programme of concerts for children.

■ **Cambridge Summer Music Festival, until August 4, various venues. For tickets, call the ADC Box Office on (01223) 300085 or visit www.cambridgesummernmusic.com, where you'll also find the complete programme.**

Treatment for funny bones

PREPARE yourself for some face-hurting funny business as many of the biggest names in the industry arrive in town for the Cambridge Comedy Festival. Here, we pick out some top talents to treasure

■ **Josh Widdicombe:** Since his career took off in 2008, doe-eyed Devon stand-up Josh Widdicombe has worked with comedy legends Stephen Merchant, Michael McIntyre and Alan Carr, and written for popular panel shows *Mock The Week* and *8 out of 10 Cats*.

With numerous award nominations to his name, his latest show is not to be missed.

Josh Widdicombe: *The Further Adventures of...* Friday, July 20, 9pm, Bar Nusha, £6.

■ **Shappi Khorsandi:** Iranian-born Khorsandi was just 10 years old when she decided she wanted to become a comedian.

Her career took off in her 30s and she is now a Fringe favourite. Khorsandi draws on her dramatic childhood (her father was pursued by death threats for much of it) in her clever, deadpan routines.

Shappi Khorsandi: *Dirty Looks and Hopscotch*, Sunday, July 22, 9pm, Junction J3, £8.

■ **Adam Buxton:** As one half of Adam and Joe – the duo who brought *Song Wars* to the world – Sony Award-winning Adam Buxton entertained a loyal fan base on the small screen and radio.

Now he's back on the stage with his sell-out music video show, *BUG*, which makes its debut at the Cambridge Comedy Festival.

Adam Buxton: *The Best of BUG*, Sunday, July 22, 7pm, Junction J2, £10.50.

■ **Cambridge Comedy Festival, The Junction / Bar Nusha (Cambridge Leisure), until Sunday, July 22. Tickets start at £5 from The Junction (01223) 511511 or Cambridge Corn Exchange on (01223) 357851.**

Cinemas

Times for Fri, July 20 until Thu, July 26. All times are PM unless otherwise stated.

NEWMARKET STABLE (01638) 719749

There are no films showing at this time

CAMBRIDGE VUE 0871 224 0240 www.myvue.com

Top Cat (U): Fri-Thu 10am
The Dark Knight Rises (12a): Fri-Sat 9am, 10.30am, 11.40am, 12.10, 12.40, 2.20, 3.20, 3.50, 4.20, 7, 7.30, 8, 9, 9.40, 10.40, 11.10; Sun 9am, 10.30am, 11.40am, 12.10, 12.40, 2.20, 3.20, 3.50, 4.20, 7, 7.30, 8, 9, 9.40, 10.40; Mon-Tues 9am, 10.30am, 11.40am, 12.10, 12.40, 2.20, 3.20, 3.50, 4.20, 7, 7.30, 8, 9, 9.40; Wed 9am, 10.30am, 11.40am, 12.10, 12.40, 2.20, 3.20, 3.50, 4.20, 7, 7.30, 8, 9, 9.40, 10.40, 11.10; Thu 9am, 10.30am, 11.40am, 12.10, 12.40, 2.20, 3.20, 3.50, 4.20, 7, 7.30, 8, 9, 9.40
The Dark Knight Rises (12a TBC): Fri-Thu 6
Malayalam Screening-Diamond Necklace (12a): Sun 4; Tues 7.30
Dr Seuss' The Lorax (2D) (U): Sat 9am, 10.10am, 11.10am, 12.30, 1.20, 2.50; Sun 9am, 10.40am, 11.10am, 1, 1.40
Ice Age: Continental Drift 3D (U): Fri-

Thu 9.10am
Ice Age: Continental Drift 2D (U): Fri 9.20am, 10.20am, 11.30am, 12.30, 1.50, 2.50, 4.10, 5.10, 6.40, 7.45; Sat 9.20am, 11.30am, 1.50, 4.10, 5.10, 6.40; Sun 9.20am, 11.30am, 1.50, 4.10, 6.40; Mon 9.20am, 10.20am, 11.30am, 12.30, 1.50, 2.50, 4.10, 5.10, 6.40, 7.45; Tues 9.20am, 10.20am, 11.30am, 12.30, 1.50, 2.50, 4.10, 5.10, 6.40; Wed-Thu 9.20am, 10.20am, 11.30am, 12.30, 1.50, 2.50, 4.10, 5.10, 6.40, 7.45
Magic Mike (15): Fri-Sat 3.30, 6.10, 8.45, 11.20; Sun-Tues 3.30, 6.10, 8.45; Wed 3.30, 6.10, 8.45, 11.20; Thu 3.30, 6.10, 8.45
Seeking A Friend For The End Of The World (15): Fri 9am, 10.30am, 1; Sat-Sun 9am; Mon-Tues 9am, 10.30am, Wed 9am, 10.30am, 1; Thu 9am, 10.30am, 1
The Amazing Spider-Man 2D (12a): Fri-Sat 11.20am, 2.30, 5.30, 8.30, 11.30; Sun-Tues 11.20am, 2.30, 5.30, 8.30; Wed 11.20am, 2.30, 5.30, 8.30, 11.30; Thu 11.20am, 2.30, 5.30, 8.30, 11.30; Fri-Mon 10; Wed-Thu 10
The Five Year Engagement (15): Fri-Sun 11.40
Senior screening: Fast Girls (12a): Tues 1
Subtitled performances: Ice Age: Continental Drift 2D (U): Sun 1.50; Tues 6.40

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The big film

THE DARK KNIGHT RISES Certificate 12A, 2h44m

DIRECTOR Christopher Nolan completes his dark and brooding trilogy based on the caped crimefighter in suitably grandiose fashion, delivering not only the longest film in the series but also the most brutal, violent and satisfying.

Replete with more than an hour of footage shot on IMAX cameras to enhance picture quality and truly immerse the audience in the pulse-quicken action, *The Dark Knight Rises* ends Nolan's tenure on a high.

It is eight years since Batman falsely assumed responsibility for the death of district attorney Harvey Dent (Aaron Eckhart) in order to bring the anti-crime legislation into effect and crush Gotham's criminal fraternity.

The caped crusader is a fading memory and crippled billionaire Bruce Wayne (Christian Bale) has become a virtual recluse, holed up in his manor with trusty butler Alfred (Sir Michael Caine).

But an encounter with wily cat burglar Selina Kyle (Anne Hathaway) draws Bruce into the orbit of hulking terrorist Bane (Tom Hardy), who intends to destroy Gotham and its money-oriented denizens.

A dastardly plot unfolds but Bruce is physically and mentally unable to stop gangs of gun-toting mercenaries from overwhelming Commissioner

08719025722

The Dark Knight Rises (12A) : Fri-Sat 1.30, 5, 8.15; Sun 2, 4, 7.15; Mon-



Gordon (Gary Oldman) and the Gotham police force, including idealistic officer John Blake (Joseph Gordon-Levitt).

As Bane's uprising gathers momentum, Bruce turns to technical genius Lucius Fox (Morgan Freeman) and loyal board member Miranda Tate (Marion Cotillard) to protect his beloved Wayne Enterprises. Alas, money can only go so far and Bruce must don his cowl one final time, putting his life on the line to save the residents of Gotham, who had previously turned their backs on him.

It's to his credit that Nolan resisted the urge to jump on the 3D bandwagon for Batman's swansong. Certainly, the breathlessly orchestrated action sequences, including the spectacular opening aboard a huge C-130 Hercules

transport plane, would draw bigger gasps in the eye-popping format.

However, Nolan has always focused on the characters and their twisted psychologies, and he puts all of them and us through the emotional wringer in this final chapter, co-written by his brother Jonathan.

Christian Bale brings typical intensity to the title role and the tender bond with Sir Michael Caine's lackey continues to tug heartstrings.

Thankfully, Tom Hardy's electronic vocals have been improved since the early trailers for the film so his masked villain is largely intelligible while Anne Hathaway slinks away from Michelle Pfeiffer's memorable portrayal of Catwoman but still purrs some choice one-liners.

Thu 1.30, 5, 8.15 Seeking A Friend For The End Of The World (15): Fri 2; Sat 2, 8.30; Sun 2; Mon 8.30; Wed 11.30am; Thu 11.30am, 2Magic

Mike (15): Fri 6, 8.30; Sat 6; Mon 2; Tues 2; Wed 11.30am, 8.30; Thu 6, 8.30Ping Pong & Q&A (PG): Mon 6Cosmopolis (15): Tues 5.30; Wed 6

The Turin Horse (15): Tues 7.45Picturehouse Pythons, Kids Club: A Monster In Paris (U): Sat 11am

BURY ST EDMUNDS Cineworld 0871 200 2000

Dr. Seuss' The Lorax (U): Sat-Sun 10.15am, 11.20am, 12.20, 1.20, 2.30

The Dark Knight Rises (12A): Fri 10.30am, 12noon, 1, 2, 3.30, 4.30, 5.30, 7, 8, 9, , 10.30; Sat-Thu 10.30am, 12noon, 1, 2, 3.30, 4.30, 5.30, 7, 8, 9, Ice Age 4 : Continental Drift [3D] (U): Fri-Thu 11am, 1.30, 3.45, 6, 8.40 Ice Age 4 : Continental Drift (U): Fri 10.20am, 12.30, 2.40, 5, 7.20; Sat 12.30, 2.40, 5, 7.20; Sun-Thu 10.30am, 12.30, 2.40, 5, 7.20 (subtitles Sun)

Magic Mike (15): Fri 12.40, 3.10, 6.10, 8.50; Sat-Sun 4.40, 7.10, 9.30; Mon-Thu 12.40, 3.10, 6.10, 8.50 Seeking A Friend For The End Of The World (15): Fri-Thu 9.35

The Amazing Spider-Man [3D] (12A): Fri-Thu 11.10am, 2.10, 5.10, 8.15 The Amazing Spider-Man (12A): Fri 12.15, 3.20, 6.20, 9.15; Sat-Sun 3.20, 6.20, 9.15; Mon-Thu 12.15, 3.20, 6.20, 9.15 (subtitles Mon)

Movies for juniors Beauty And The Beast (U): Sat 10.10am

Alvin And The Chipmunks : Chipwrecked (U): Sat 10am Pirates! In an adventure with scientists! (U): Sat 10.20am.

Slugging it out with the enemy

THERE'S no doubt about it – slugs and snails are having a field day thanks to all the rain we've had, eating bedding plants, chomping on vegetables and munching their way through gardens nationwide.

The more vigilant among us have been doing morning and evening patrols, picking off the slippery suckers before they wreak havoc with our prized plants and suitably disposing of them.

As slugs and snails are particularly rampant in my area, I have resorted to putting young leafy plants, which these pests love, in pots and either placing the pots on metal stands which slugs have trouble in climbing, or putting copper strips around the pots to deter them.

The copper contains a minute electrical charge to deter the slug or snail. But even these have limited effectiveness and some still manage to reach the plants.

"Slugs and snails are likely to be breeding more successfully this year," says Andrew Salisbury, senior entomologist with the RHS.

"They will take advantage of any warm, wet weather to breed and often you find slug and snail eggs in damp and sheltered situations. The eggs are in groups a few millimetres across, spherical in shape and opaque white and you will need to dispose of them."

Don't throw slugs and snails over the neighbour's fence or into your garden refuse bag, he advises, because they will



by Hannah Stephenson

just escape and return to your plants.

The only way to get rid of them effectively (the squeamish perhaps shouldn't read on) is to do it with a pair of secateurs or plop them into a bag and bin them.

"I've seen figures that there are 15,000 slugs a year in an average garden," he adds. That's a lot of secateur work.

They will travel great distances for a tasty morsel. Salisbury has seen evidence of slug damage on really tall clematis and on magnolia flowers – they will go up and down a tree in a night, he says. Even now, the most effective method of reducing these slimy pests is to use slug pellets, he says.

There are many types on the market, some of which are organic, but you'll need to re-apply them regularly in rainy weather, when they will break down quickly.

Alternatively, invest in a nematode biological control, a parasitic worm which works its way into the soil and will kill slugs underground, but may not be so effective on snails which tend to remain on the surface.

Nematode controls are available from mail order biological control suppliers and come as a powder which dilutes into water. The nematodes penetrate the slugs' body and release bacteria to kill the slugs, and should last around six weeks.

Beer traps and copper tapes around pots may help to some extent, but they won't eliminate the problem.

"You will never totally eliminate slug and snail damage in weather like this," he concludes, "but you can try to reduce the risk."

Encourage predators such as hedgehogs, frogs and toads into your garden by leaving a patch of wild area or installing a pond.

You can also encourage snail-eating birds such as thrushes into your garden by planting shrubs and trees which bear berries and create a nesting area.

Some slugs spend a lot of their time below soil level, feeding on bulbs, tubers including potatoes and roots. Snails are much less active in winter, but slugs will feed whatever the weather.

You could also plant sacrificial crops such as lettuce, which slugs love, to distract them from the crops you really value.

If you don't want an endless battle with these slimy creatures, the best solution is to plant species which they don't like, such as hardy cranesbill geraniums, hydrangea, pinks, hebes, potentilla, lavatera and plants with hairy or narrow leaves, or succulent types such as sedum.



GARDEN PEST: Pellets are still the best way to tackle snails and slugs says Andrew Salisbury, chief entomologist with the RHS.

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THURSDAY July 19

Main Channels

BBC1

- 6.00am Breakfast.** (C) 35919364
9.15 Heir Hunters. (R) (C) 9594109
10.00 Homes Under the Hammer. Properties in Cardiff, Kent and Shropshire. (R) (C) 20819
10.58 BBC News; Weather. (C) 5003635
11.00 Cowboy Trap. Two sisters from Stafford receive help. Clive Holland presents. (R) (C) 2127529
11.45 You've Been Scammed. An elaborate timeshare scam. (R) (C) 621906
12.13pm BBC News; Weather. (C) 4126513
12.15 Bargain Hunt. Two teams look for collectibles at Norfolk Antiques Fair. (R) (C) 1959987
1.00 BBC News; Weather. (C) 31971
1.30 Regional News; Weather. (C) 83545695
1.45 Doctors. Daniel has a terrifying nightmare. (C) 803068
2.15 Escape to the Country. City-dwellers search for a country retreat in Somerset. (R) (C) 8214258
3.00 BBC News; Weather; Regional News. (C) 6825345
3.05 CBBC: Deadly 60; (R) (C) Diddy Dick & Dom. (R) (C) 7883123
3.35 Prank Patrol Down Under. (R) (C) 5542797
4.00 Copycats. (R) (C) 906
4.30 Roy. (R) (C) 890
5.00 Newsround. (C) 6075451
5.15 Pointless. Quiz show, hosted by Alexander Armstrong and Richard Osman. (R) (C) 3783664
6.00 BBC News; Weather. (C) 155
6.30 Look East; Weather. (C) 635
7.00 The One Show. Matt Baker and Alex Jones present the live magazine celebrity chat and stories of interest. (C) 2074
7.30 EastEnders. Kat faces a dilemma when her lover leaves a key to a flat for their future get-togethers, and an emergency with another baby sends Janine into a blind panic at the hospital. (C) BBC News; Regional News. (C) 819
8.00 The Truth About Sports Products. See *Pick Of The Day*. (C) 3890
9.00 Crimewatch. An appeal for information to find a hitman who targeted a Russian banker in London. Plus, how police caught an armed gang that terrorised building societies in South East England. (C) 7426
10.00 BBC News. (C) 670123
10.25 Regional News; Weather. (C) 215432
10.35 Crimewatch Update. Sophie Raworth, Matthew Amroliwala and Martin Bayfield present an update on viewers' responses to the programme shown earlier. (C) 873548
10.45 Traffic Cops. Bedfordshire police pursue a car thief driving recklessly around the streets of Luton and race to the scene of a traffic accident on a country lane. Narrated by Jamie Theakston. (R) (C) 940838
11.45 This Week. Andrew Neil, Michael Portillo and guests discuss political and parliamentary developments from the past seven days. (C) 598703
12.30am Holiday Weatherview. (C) 4739865
12.35 Sign Zone: Britain's Biggest Waste Dumpers – Panorama. Fly-tippers making money by dumping car tyres that should be recycled. (R) (C) 4615223
1.05 Sign Zone: Countryfile. Julia Bradbury goes scrambling in Snowdonia. (R) (C) 5392556
2.05 Sign Zone: Antiques Roadshow. From Weald and Downland Open Air Museum, West Sussex. (R) (C) 4937407
3.05 Sign Zone: Great British Menu. The four winning dishes are revealed. (R) (C) 5323594
4.05 BBC News. (C) 454198



Pick of the day

The Hotel Inspector

Channel 5, 9pm
Award-winning hotelier Alex Polizzi, pictured, tackles the Caspian, a 10-bedroom hotel in Ealing, west London, that needs to be brought up to date to attract more guests. Co-owner Nousha Samari has spent more than four decades in the hospitality business, but is frustrated by how unsuccessful her establishment has become – and the stress is beginning to show in her relationship with son and business partner Samandar.

The Truth About Sports Products

BBC1, 8pm
We all know that Lucozade is worth glugging when you're under the weather, and that it's easier to run in trainers than it is in espadrilles. But can the right equipment really make the difference between gold and silver? This *Panorama* special examines products ranging from trainers said to help people run faster to protein shakes that are apparently more effective in honing the physique than ordinary food.

BBC2

- 6.00am CBeebies: The Pingu Show.** (R) 2077703 **6.10 Zigby.** (R) (C) 4420797 **6.25 Timmy Time.** (R) (C) 2096838 **6.35 Dirtgirlworld.** (R) (C) 9551451 **6.50 Rastamouse.** (R) (C) 7281242 **7.00 CBBC: Roar.** (R) (C) 30242 **7.30 Stuck on Sheep Mountain.** (R) (C) 3236242 **7.55 League of Super Evil.** (R) (C) 4171426 **8.10 Frankenstein's Cat.** (R) (C) 5919074 **8.20 Pet Squad.** (R) (C) 5837426 **8.30 CBeebies: Nina and the Neurons.** (R) (C) 9519447 **8.45 Big & Small.** (R) (C) 9420762 **9.00 Live Golf: The Open Championship.** Coverage of the opening day's play at Royal Lytham & St Annes Golf Club. (C) 2007548
8.00pm Natural World: Living with Baboons. Mat Pines's five-year study of the lives of hamadryas baboons in Ethiopia, in which he lived alongside the primates in the Awash National Park, observing their behaviour and gaining acceptance in their society. As his study draws to a close, his favourite baboon, who he has called Critical, is trying to find a family and fend off male rivals – while Mat attempts to foster a greater understanding of the creatures among the local Afar tribe, who have traditionally regarded them as enemies. Narrated by David Attenborough. (C) 1432
9.00 Pompeii: Life and Death in a Roman Town. Cambridge professor and Pompeii expert Mary Beard uses forensic science to examine the lives of the Roman town's residents, providing a snapshot of their culture just before Mt Vesuvius's deadly eruption. Operating from the nearby settlement of Oplontis, she submits remains from the devastated settlement to a series of comprehensive tests that aim to reveal what those who died in the disaster ate, where they came from, what diseases they suffered and details of their sexual activity. (R) (C) 5068
10.00 The Boss Is Back. New series. Revisiting firms featured in TV series *Back to the Floor*, beginning at Millwall FC, where former chairman Theo Paphitis discovers how the club has changed since 2000. (C) 31364
10.30 Newsnight; (C) Weather. (C) 207529
11.20 Engineering Giants: Jumbo Jet Strip-Down. The inner workings of some of the world's biggest machines. Tom Wrigglesworth and Rob Bell watch as a 14-year-old Boeing 747 jumbo jet is taken apart and reassembled. (R) (C) 555838
12.20am The Culture Show. A relay of short-film screenings across the UK. (R) (C) 2577391
12.50 BBC News. (C) 26905407
4.00 BBC Learning Zone. (C) 45169

Channel 4

- 6.15am The Hoobs.** (R) (T) 7244567 **6.40 The Hoobs.** (R) (T) 4064819 **7.05 Freshly Squeezed.** (T) 7947267 **7.35 According to Jim.** (R) (T) 3333109 **8.00 Everybody Loves Raymond.** (R) (T) 22616 **8.30 Frasier.** (R) (T) 21987 **9.00 The Secret Millionaire USA.** (R) (T) 83451 **10.00 Four Rooms.** (R) (T) 13529 **11.00 You Deserve This House.** (T) 26093 **12.00pm Channel 4 News Midday Summary.** (T) 4128971 **12.05 Jamie's 30 Minute Meals.** Jamie Oliver prepares mustard chicken with quick dauphinoise potatoes. (R) (T) 4799635 **12.35 Gok Cooks Chinese.** Gok Wan serves up dim sum dishes. (R) (T) 2070987 **1.05 River Cottage Bites.** (R) (T) 39389946 **1.15 FILM: The Anderson Tapes (1971).** Thriller, starring Sean Connery. (T) 10383513 **3.10 Countdown.** With Dictionary Corner guest Dave Spikey. (T) 5679838 **4.00 Deal or No Deal.** Another contestant hopes to win big money. (T) 4277 **5.00 Four in a Bed.** Edward Prophet and his fiancée play host at the Tollemache Arms in Cheshire. (T) 5548 **5.30 Come Dine with Me.** Glen Simpson hosts the fourth dinner party in Liverpool. (T) 180
6.00 The Simpsons. Grampa tries to woo a beautiful woman. (R) (T) 203
6.30 Hollyoaks. Silas's escape puts the village's residents on edge. (T) 345
7.00 Channel 4 News. (T) 941155
7.55 4thought.tv. A member of the public shares their thoughts on the role of fathers in modern society. (T) 411068
8.00 Country House Rescue. Simon Davis helps the owners of a Scottish castle that has become a financial drain, meaning they may lose the home that has been in their family since 1245. Last in the series. (T) 3600
9.00 Bank of Dave. Conclusion. David Fishwick opens for business from the back of a minibus and canvasses for wider support. Now all he has to do is beat the high-street banks at their own game. (T) 6364
10.00 24 Hours in A&E. Staff nurse Sophie attends to a chef who accidentally stabbed himself as he was chopping tomatoes and a 54-year-old father who fell over and knocked himself out while drunk. (R) (T) 6146093
11.05 Gordon Behind Bars. As his time in Brixton Prison draws to a close, Gordon Ramsay tries to ensure the bakery will have a future by securing a deal with a chain of coffee shops. Last in the series. (R) (T) 453426
12.05am Random Acts. (T) 9405391
12.10 Undercover Boss. (R) (T) 5649469
1.10 Show Me Your Money. (R) (T) 5317865
2.10 Myths About Your 5-a-Day: Channel 4 Dispatches. (R) (T) 1245933
2.40 Time Team. (R) (T) 4912117
3.35 Ancient Egyptians. (R) (T) 7592285
4.30 Deal or No Deal. (R) (T) 7474662
5.25 Countdown. (R) (T) 9941643

Channel 5

- 6.00am Milkshake! Thomas & Friends.** (R) (T) 61115426 **6.10 The WotWots.** (R) (T) 61202906 **6.20 City of Friends.** (R) (T) 61119242 **6.35 Jelly Jamm.** (R) (T) 79270364 **6.45 Peppa Pig.** (R) (T) 53383797 **6.50 Castle Farm.** (R) (T) 53486838 **6.55 Little Princess.** (R) (T) 79183884 **7.10 Ben and Holly's Little Kingdom.** (R) (T) 1272906 **7.20 The Mr Men Show.** (R) (T) 1189242 **7.35 Thomas & Friends.** (R) (T) 8821616 **7.45 Make Way for Noddy.** (R) (T) 8834180 **8.00 Fifi and the Flowerlots.** (R) (T) 7234242 **8.15 Peppa Pig.** (R) (T) 6885646 **8.25 Peppa Pig.** (R) (T) 4220426 **8.30 Roary the Racing Car.** (R) (T) 7119068 **8.45 Bananas in Pyjamas.** (T) 7203451 **9.00 Igam Ogam.** (R) (T) 2048093 **9.15 The Wright Stuff.** 58999890 **11.10 Eddie Stobart: Trucks and Trailers.** (R) (T) 8947426 **12.10pm 5 News Lunchtime.** (T) 58754426 **12.15 Big Brother.** (R) (T) 8640345 **1.15 Home and Away.** (T) 1870258 **1.45 Neighbours.** (T) 1879529 **2.15 The Mentalist.** (R) (T) 5842819 **3.10 FILM: Children of My Heart (2000).** Fact-based Depression-era drama, starring Genevieve Desilets. (T) 10444616 **5.00 5 News at 5.** (T) 9288074 **5.30 Neighbours.** Troy offers Kate a sympathetic ear. (R) (T) 2524890
6.00 Home and Away. Xavier investigates Jett's past. (R) (T) 2521703
6.30 5 News at 6.30. (T) 2449155
7.00 Cricket on 5. England v South Africa. Mark Nicholas presents action from the opening day of the First Test at the Oval. With commentary from Michael Vaughan, Geoffrey Boycott and Simon Hughes. (T) 5 News Update. (T) 6872703
8.00 Marco Pierre White's Kitchen Wars. The contest reaches its climax as the four remaining couples compete for the title – but face their toughest challenge yet as they each cater for 28 diners. Last in the series. (T) 5 News at 9. (T) 6881451
9.00 The Hotel Inspector. See *Pick Of The Day*. (T) 6878987
10.00 Big Brother. More from the house as the contestants compete in tasks, rant in the diary room and provide their own entertainment while obeying the Big Brother rules – or not, as the case may be. (T) 6871074
11.00 Big Brother's Bit on the Side. Emma Willis presents the BB companion show, including celebrity fans' thoughts on the latest developments in the run-up to tomorrow's eviction and behind-the-scenes insights. 8444987
12.00am SuperCasino. Live interactive gaming. 8976310
3.55 Nick's Quest. Guyana's giant otters. (R) (T) 39385391
4.20 Wildlife SOS. (R) (T) 57943827
4.45 Wildlife SOS. (R) (T) 54260223
5.10 House Doctor. (R) (T) 27588469
5.35 House Doctor. (R) (T) 99266223

ITV1

- 6.00am Daybreak.** (T) 107074
8.30 Lorraine. (T) 9969890
9.25 The Jeremy Kyle Show. (T) 3747451
10.30 This Morning. (T) 27884
12.30pm Let's Do Lunch with Gino & Mel. With guest Jenny Eclair. (T) 66703
1.30 ITV News and Weather. (T) 87307242
1.55 Anglia News and Weather. (T) 77535118
2.00 Drive to Buy. Three prospective buyers look for properties in South Downs. (T) 95628
3.00 Secret Dealers. A woman whose home is packed with bargain items tries her luck. (T) 4600
3.59 Anglia Weather. (T) 6898838
4.00 A Touch of Frost. Part two of two. Jack links the antiques operation to the murders. (R) (T) 6635
5.00 Tipping Point. Quiz show. (T) 3513
6.00 Anglia Tonight; Weather. (T) 451
6.30 ITV News and Weather. (T) 703
7.00 Emmerdale. Amy finds out about her mother's visit to the village after receiving a text from her describing how Val warned her to stay away. Rhona and Paddy hastily prepare for their rescheduled wedding rehearsal, and the occasion gives Laurel the opportunity to tell Marlon how she feels. Debbie shares her concerns about Cameron with Chas. (T) 4242
7.30 Britain's Secret Treasures. The countdown of objects continues from 26 to 19 with Michael Buerk and Bettany Hughes. Mary-Ann Ochota uncovers a tale of murder and mystery in Canterbury with the discovery of pilgrim badges in a river, and metal detectorist Dave Crisp recalls how he found a hoard of 52,000 coins dating from the third century AD. Plus, Brian Blessed tells the story of a Roman bust found by a farmer and Gethin Jones examines a Roman drinking cup with a leopard handle. Continues tomorrow. (T) 987
8.00 Emmerdale. Marlon is confused and angry after Laurel's revelation. Chas tells Debbie to follow her instincts over whether she can trust Cameron, and Victoria dumps Alex. (T) 6890
8.30 Coronation Street. Michelle tells Ryan he must start working at the factory, and she will dock his wages to pay for the fire damage at No 13. However, when Kirk's back is turned he stages a fall and later insists he is going to sue Underworld for the supposed injury he suffers. (T) 9797
9.00 Superstar. Tensions are high and the competition is fierce as the remaining contestants return to sing live, all hoping to win public votes and impress Andrew Lloyd Webber, Jason Donovan and Dawn French. At stake is the title role in an arena production of *Jesus Christ Superstar*, and having come this far, nobody wants to leave the show tonight. But two hopefuls must take part in the dreaded sing-off and one of them faces elimination. Amanda Holden hosts. Continues tomorrow. (T) 3548
10.30 ITV News and Weather. (T) 573109
11.05 Anglia News and Weather. (T) 678600
11.10 Piers Morgan's Life Stories: Sharon Osborne. An interview with the *America's Got Talent* judge. (R) (T) 818819
12.05am Jackpot247; ITV News Headlines. 19227117
3.00 Gold Balls. (R) (T) 3063020
3.50 ITV Nightscreen. 8423551
4.35 The Jeremy Kyle Show. (R) (T) 7475391
5.30 ITV Morning News. (T) 11407

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. 11.05 Local News and Weather. (T)

FRIDAY July 20

Main Channels

BBC1

- 6.00am Breakfast.** (C) 35813136
- 9.15 Heir Hunters.** The team traces the heirs to a £75,000 estate. (R) (C) 9481681
- 10.00 Homes Under the Hammer.** Properties in Tavistock, Wembley and Swindon. (R) (C) 44662
- 10.58 BBC News:** Weather. (C) 5907407
- 11.00 Cowboy Trap.** An extension in Islington and a kitchen in Glasgow. (R) (C) 2014001
- 11.45 You've Been Scammed.** A man who lost money after investing in the wine trade. (R) (C) 356466
- 12.13pm BBC News:** Weather. (C) 4193285
- 12.15 Bargain Hunt.** From Builth Wells, Powys. Presented by Tim Wonnacott. (R) (C) 1853759
- 1.00 BBC News:** Weather. (C) 35914
- 1.30 Regional News:** Weather. (C) 52894907
- 1.45 Doctors.** Jack worries about his impending degree result. (C) 345846
- 2.15 Escape to the Country.** Looking for rural property in Northamptonshire. (R) (C) 8011730
- 3.00 Flog It!** Mark Stacey and Kate Bliss search for valuable antiques in St Albans. (R) (C) 5560136
- 3.45 Match of the Day Live.** Great Britain v Sweden (Kick-off 4.00pm). The first of today's two friendlies at the Riverside Stadium in Middlesbrough, beginning with this women's contest. (C) 97629285
- 6.00 BBC News:** Weather. (C) 759
- 6.30 Look East:** Weather. (C) 339
- 7.00 The One Show.** Chris Evans and Alex Jones host the live magazine show, with a team of roving reporters presenting stories of interest from around the UK, plus big-name studio guests. (C) 2117
- 7.30 Match of the Day Live.** Great Britain v Brazil (Kick-off 7.45pm). Gabby Logan returns to present coverage of today's second international friendly at the Riverside Stadium in Middlesbrough, this time featuring men's teams. As with the women's squad, this is the only fixture Stuart Pearce's side will contest prior to the Games, and they have elected to face arguably the strongest nation set to feature at London 2012. While Team GB has only recently been put together, the Brazilians are a much more settled unit, and proved themselves to be formidable when winning the 2011 South American Youth Championship. With commentary by Jonathan Pearce and Mark Bright, analysis from Robbie Savage, and reports from Garth Crooks. (C) 824001
- 10.00 BBC News.** (C) 532223
- 10.25 Regional News:** Weather. (C) 673204
- 10.35 Michael McIntyre's Comedy Roadshow.** The comedian visits the Olympia Theatre in Dublin, where he introduces performances by Tommy Tiernan, Andrew Lawrence, Keith Farnan and Zoe Lyons. (R) (C) 643556
- 11.20 The National Lottery Friday Night Draws.** Matt Johnson presents the draws for the Thunderball, EuroMillions and UK Millionaire Raffle. (C) 111117
- 11.30 White Van Man.** Ollie is betrayed by Darren, with severe consequences, and realises Emma may not be the perfect girlfriend. Last in the series. (C) 93440
- 12.00am EastEnders.** (R) (C) 7933112
- 1.25 Weatherview.** (C) 8101228
- 1.30 Sign Zone: Britain's Lost Routes with Griff Rhys Jones.** (R) (C) 27228
- 2.30 Sign Zone: Hairy Bikers' Best of British.** (R) (C) 7670402
- 3.15 Sign Zone: Great British Menu.** (R) (C) 939711
- 4.15 BBC News.** (C) 155792



Pick of the day

The Angelos Epithemiou Show

Channel 4, 10.35pm

Angelos Epithemiou, pictured, and Amy Childs is a union that may be up there with the greats – or excruciatingly awful. There's only one way to find out, and despite how much fun it would be if Harry Hill shouted 'fight!', putting the mismatched pair on the sofa is probably more likely. Angelos quizzes former *The Only Way Is Essex* star about her TV career and challenges rapper Professor Green to lift a giant tortoise.

The Great British Story: A People's History

BBC2, 9pm

Michael Wood continues his series on history by examining the dramatic changes that took place during the Tudor period. As the second half of the series gets under way, he examines how Henry VIII's founding of the Church of England in 1534, followed by the dissolution of the Catholic monasteries, transformed the country's religious landscape, setting the tone for a century of sweeping change.

BBC2

- 6.00am CBeebies: The Pingu Show.** (R) 2971575 **6.10 Zigby.** (R) (C) 4497469 **6.25 Timmy Time.** (R) (C) 2983310 **6.35 Dirtgirlworld.** (R) (C) 9455223 **6.50 Rastamouse.** (R) (C) 7258914 **7.00 CBBC: Roar.** (R) (C) 34285 **7.30 Stuck on Sheep Mountain.** (R) (C) 3203914 **7.55 League of Super Evil.** (R) (C) 4148198 **8.10 Frankenstein's Cat.** (R) (C) 5813846 **8.20 Pet Squad.** (R) (C) 5804198 **8.30 CBeebies: Nina and the Neurons.** (R) (C) 9224169 **8.45 Big & Small.** (R) (C) 8779074 **9.00 Live Golf: The Open Championship.** Hazel Irvine presents coverage of the second day's play at Royal Lytham & St Annes Golf Club, where the players will attempt to make the cut and qualify for the weekend's rounds. (C) 2994020
- 8.00pm RHS Flower Show Tatton Park 2012.** Monty Don, Carol Klein and Joe Swift conclude their coverage of the festival by looking at the submissions of parks departments from across the UK for the flowerbed competition. (C) 9407
- 8.30 Gardeners' World.** Carol Klein discovers why geraniums are thriving in two very different settings in Somerset, while Monty Don takes on a variety of tasks in his walled garden at Longmeadow. (C) 8914
- 9.00 The Great British Story: A People's History.** See *Pick Of The Day*. (C) 8865
- 10.00 The Sarah Millican Television Programme.** The comedienne talks TV in a combination of chat and stand-up inspired by what she has seen on the small screen. This week Sarah turns her attention to costume drama and zombies for which she is joined by actor and director Simon Callow and *Downton Abbey* star Phyllis Logan. (R) (C) 46469
- 10.30 Newsnight.** (C) 55117
- 11.00 The Review Show.** Tim Marlow and guests discuss a selection of cultural events taking place in London's East End in the build-up to the Olympics, including an exhibition of David Bailey's photographs of the area at Compressor House in Newham and highlights of the London 2012 Festival. (C) 522907
- 11.45 Weather.** (C) 433136
- 11.50 FILM: Jindabyne (2006).** Four men on a fishing trip discover the body of a murdered Aboriginal girl, but decide not to contact the police until after returning home days later. However, when the news breaks in their small town, they are ostracised by the community, and one of their wives becomes obsessed with making amends. Drama, starring Gabriel Byrne and Laura Linney. (C) 319223
- 1.45am BBC News.** (C) 63817957
- 4.15 Close**

Channel 4

- 6.10am Sali Mali.** (R) (T) 1284372 **6.15 The Hoobs.** (R) (T) 7148339 **6.40 The Hoobs.** (R) (T) 4951391 **7.05 Freshly Squeezed.** (T) 9056681 **7.30 According to Jim.** (R) (T) 3221310 **7.55 Everybody Loves Raymond.** (R) (T) 3851001 **8.30 Frasier.** (R) (T) 52020 **9.00 The Secret Millionaire USA.** (R) (T) 98556 **10.00 Relocation, Relocation.** (R) (T) 37372 **11.00 You Deserve This House.** (T) 57136 **12.00pm Channel 4 News Midday Summary.** (T) 4195643 **12.05 Channel 4 Presents: London 2012 – Stephen Miller Part III.** (R) (T) 4194914 **12.10 Jamie's 30 Minute Meats.** (R) (T) 4692778 **12.40 Gok Cooks Chinese.** (R) (T) 2966730 **1.10 FILM: Heaven Knows, Mr Allison (1957).** Second World War romantic drama, starring Robert Mitchum and Deborah Kerr. (T) 44251136 **3.10 Countdown.** (T) 5566310 **4.00 Deal or No Deal.** (T) 2198 **5.00 Four in a Bed.** (T) 8391 **5.30 Come Dine with Me.** (T) 556
- 6.00 The Simpsons.** (R) (T) 469
- 6.30 Hollyoaks.** (T) 579
- 7.00 Channel 4 News.** (T) 474285
- 7.55 4thought.tv.** Another member of the public talks about the relevance of father figures in modern life. (T) 951488
- 8.00 Phil Spencer: Secret Agent.** New series. The expert embarks on another mission to help get Britain's property market moving again, beginning by trying to find buyers for two homes in the Glasgow suburbs. (T) 7399
- 9.00 The Million Pound Drop.** New series. Teams of celebrity friends as well as Olympic and Paralympic athletes try to raise money for charity over four weekends, starting with Vic Reeves and Bob Mortimer. (T) 24610643
- 10.35 The Angelos Epithemiou Show.** See *Pick Of The Day*. (T) 921846
- 11.10 A Short History of Everything Else.** Journalist Grace Dent and comedian Rob Rouse join Griff Rhys Jones for the comedy panel game that uses archive clips to test contestants' history knowledge. Last in the series. (T) 680662
- 11.40 New Girl.** Jess tries to stop one of her pupils picking on a classmate – only to become the new target of the bully's wrath. Schmidt is desperate to brag about his Valentine's Day exploits. (T) 628240
- 12.10am Random Acts.** (T) 4655841
- 12.15 FILM: The Family Stone (2005).** Comedy drama, with Sarah Jessica Parker. (T) 362179
- 2.00 Glasgowlad.** (R) (T) 2111773
- 2.05 My Name Is Earl.** (R) (T) 1084599
- 2.30 My Name Is Earl.** (R) (T) 7346570
- 2.50 The Million Pound Drop.** (R) (T) 3046808
- 4.15 Love Tube.** (R) (T) 20158088
- 4.20 Deal or No Deal.** (R) (T) 3749228
- 5.15 Countdown.** (R) (T) 3413353

Channel 5

- 6.00am Milkshake! Thomas & Friends.** (R) (T) 61182198 **6.10 The WotWots.** (R) (T) 61106778 **6.20 City of Friends.** (R) (T) 61186914 **6.35 Jelly Jamm.** (R) (T) 79174136 **6.45 Peppa Pig.** (R) (T) 53350469 **6.50 Castle Farm.** (R) (T) 53373310 **6.55 Little Princess.** (R) (T) 79150556 **7.10 Ben and Holly's Little Kingdom.** (R) (T) 1176778 **7.20 The Mr Men Show.** (R) (T) 1156914 **7.35 Thomas & Friends.** (R) (T) 8725488 **7.45 Make Way for Noddy.** (R) (T) 8738952 **8.00 Fifi and the Flowerlots.** (R) (T) 7201914 **8.15 Peppa Pig.** (R) (T) 1973718 **8.25 Peppa Pig.** (R) (T) 4297198 **8.30 Roary the Racing Car.** (R) (T) 7179440 **8.45 Bananas in Pyjamas.** (T) 7107223 **9.00 Igam Ogam.** (R) (T) 2942865 **9.15 The Wright Stuff.** 58893662 **11.10 Eddie Stobart: Trucks and Trailers.** (R) (T) 8914198 **12.10pm 5 News Lunchtime.** (T) 58721198 **12.15 Big Brother.** (R) (T) 8544117 **1.15 Home and Away.** (T) 1767730 **1.45 Neighbours.** (T) 1766001 **2.15 NCIS.** An admiral is murdered. (R) (T) 82605407 **3.20 FILM: McBride: Anybody Here Murder Marty? (2005).** Mystery, starring John Larroquette. (T) 87072681 **5.00 5 News at 5.** (T) 9182846 **5.30 Neighbours.** (R) (T) 2428662
- 6.00 Home and Away.** (R) (T) 2425575
- 6.30 5 News at 6.30.** (T) 2416827
- 7.00 Cricket on 5.** England v South Africa. Mark Nicholas presents action from the second day of the First Test at the Oval. With commentary from Michael Vaughan, Geoffrey Boycott and Simon Hughes. (T) 5 News Update. (T) 6776575
- 8.00 Ice Road Truckers: Deadliest Roads.** Lisa Kelly gets off to a bad start with new partner GW Boles, who seems determined to teach her how to do her job, while Tim and Tino try to haul a gas tank down the 'Death Road'. (T) 5 News at 9. (T) 6785223
- 9.00 Big Brother: Live Eviction.** Brian Dowling reveals which of the nominees has proved least popular with the voting public. Plus, the latest action from the house. (T) 6772759
- 10.00 The Bachelor.** Spencer Matthews challenges some of the remaining women to write comedy routines about themselves and each other, to be performed in front of the group at dinner. (T) 6775846
- 11.00 Big Brother's Bit on the Side.** Emma Willis and her guests discuss the latest eviction, debating whether the right housemate was voted out. Plus, extra footage and behind-the-scenes insights. 8348759
- 12.00am SuperCasino.** 8943082
- 3.55 Motorsport Mundial.** 39352063
- 4.20 Wildlife SOS.** (R) (T) 57910599
- 4.45 Wildlife SOS.** (R) (T) 54237995
- 5.10 House Doctor.** (R) (T) 27548841
- 5.35 House Doctor.** (R) (T) 99233995

ITV1

- 6.00am Daybreak.** (T) 565846
- 8.30 Lorraine.** (T) 9863662
- 9.25 The Jeremy Kyle Show.** (T) 3641223
- 10.30 This Morning.** (T) 38117
- 12.30pm Let's Do Lunch with Gino & Mel.** With rapper Tinchy Stryder. (T) 88198
- 1.30 ITV News and Weather.** (T) 87374914
- 1.55 Anglia News and Weather.** (T) 50389830
- 2.00 Drive to Buy.** Adam Shaw takes house buyers on a tour of Brighton. (T) 23681
- 3.00 Secret Dealers.** The experts battle for American coins. (T) 5049
- 3.59 Anglia Weather.** (T) 6785310
- 4.00 A Touch of Frost.** Part one of two. An armed robbery ends in murder. (R) (T) 4556
- 5.00 Tipping Point.** Quiz show, hosted by Ben Shephard. (T) 6556
- 6.00 Anglia Tonight:** Weather. (T) 827
- 6.30 ITV News and Weather.** (T) 407
- 7.00 Emmerdale.** Marlon faces a dilemma about his future – will he stay in the village for Laurel or start a new life in New Zealand with Paddy, Rhona and Leo? Meanwhile, Debbie's suspicions continue as Cain makes it known that Cameron has vanished from work again, and Jai warns Rachel to keep away from Charity. (T) 7285
- 7.30 Coronation Street.** Rob enlists Eva's help to prove Ryan is lying about his injury, while Dev is delighted to hear Sunita has given up her job at the Rovers and is coming back to work in the shop. Fiz, Tyrone and Izzy prepare No 9 for Kirsty's baby shower, while Rita and Dennis return from their honeymoon. (T) 391
- 8.00 Britain's Secret Treasures.** Michael Buerk and Bettany Hughes reveal items 18 to 11 in this penultimate edition of the series. Jon Culshaw follows the trail of a hoard of Viking treasure, Dan Lobb investigates a Bronze Age stash of goods that sheds light on Britain's import/export trade with Europe 3,500 years ago, and Anita Rani asks whether a 12th-century metal knight might be a medieval chess piece. (T) 6933
- 8.30 Coronation Street.** Ryan gets drunk in the Rovers and picks a fight with Rob after having a row with Michelle, while Dev apologises to Sunita for putting her under pressure. (T) 5440
- 9.00 Superstar.** Expectations are higher than ever as the contestants battle it out to win the once-in-a-lifetime role in *Jesus Christ Superstar*. The bottom two have to perform again in the sing-off in front of the studio audience and the panel, with Andrew Lloyd Webber deciding which contestant to save. After that, the remaining finalists take their turn on the stage to compete once more for the support of the public. Continues tomorrow. (T) 1469
- 10.30 ITV News and Weather.** (T) 924933
- 11.05 Anglia News and Weather.** (T) 194440
- 11.10 FILM: City Slickers (1991).** Comedy adventure, starring Billy Crystal, Daniel Stern, Bruno Kirby and Jack Palance, who won an Oscar for his performance as grizzled trail boss Curly. (T) 601556
- 1.10am The Store:** ITV News Headlines. 961773
- 2.45 FILM: Eyes Wide Shut (1999).** Drama, starring Tom Cruise and Nicole Kidman. (T) 15064860
- 5.15 ITV Nightwatch.** 6190470
- 5.30 ITV Morning News.** (T) 27402

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. (T) 11.05 Local News and Weather.

SATURDAY July 21

Main Channels

BBC1

- 6.00am Breakfast.** (C) 5576841
- 10.00 Live Golf: The Open Championship.** Hazel Irvine presents coverage of the opening stages of the third day's play at Royal Lytham & St Annes Golf Club, as well as a look ahead to this afternoon's action. (C) 79402
- 12.00pm BBC News;** Regional News; Weather. (C) 2548711
- 12.10 Live Golf: The Open Championship.** Hazel Irvine presents further coverage of the third day's play at Royal Lytham & St Annes Golf Club, as more players begin their penultimate round. (C) 95680537
- 6.10 BBC News;** Regional News; Weather. (C) 583773
- 6.30 FILM: Indiana Jones and the Last Crusade (1989).** The intrepid archaeologist sets out to find his estranged father who has gone missing while searching for the Holy Grail. Once reunited, father and son team up to finish the task and locate the sacred relic before the Nazis get their hands on it. Action adventure sequel directed by Steven Spielberg, starring Harrison Ford and Sean Connery. (C) 12464745
- 8.25 The National Lottery: Secret Fortune.** Siblings Zoe and Ronnie compete in the high-tension quiz show presented by Nick Knowles, in which contestants have the opportunity to win £100,000. The pair hope to win enough money to take their mother on a once-in-a-lifetime trip to Las Vegas. Plus, the all-important draws. (C) 659792
- 9.20 Casualty.** Part one of two. Jordan and Yvonne end up bickering after being called to give evidence about Wesley Royce, the man who died in the ED after being Tasered by police. Scarlett accompanies Lloyd to a vigil for the dead man, and when what should be a peaceful ceremony descends into violence, she finds herself swept up in the moment and does something she could come to regret. (C) 405889
- 10.10 BBC News;** Weather. (C) 931957
- 10.30 Mrs Brown's Boys.** Newlyweds Dermot and Maria argue over whether they should buy their own home, while Grandad hopes to witness his own funeral. Last in the series. (R) (C) 68808
- 11.00 Live at the Apollo.** Micky Flanagan hosts the stand-up show, welcoming fellow comics Jason Byrne and Seann Walsh to share their observations on life, the universe and whatever else they can think of; (R) (C) National Lottery Update. (C) 506063
- 11.45 FILM: Grosse Pointe Blank (1997).** A hitman takes the chance to combine his latest assassination job with a trip back to his home town for a school reunion. The occasion starts to get complicated when an old flame turns up and rekindles their lost romance – while a rival killer harasses him to join an assassins' union. Black comedy drama, starring John Cusack, Minnie Driver, Dan Aykroyd, Joan Cusack and Alan Arkin. (C) 991570
- 1.25am Weatherview.** (C) 8098700
- 1.30 Sign Zone: Faster, Higher, Stronger.** The history of the Olympic Games told through different events, beginning with a look at the men's 100m final and winners including Carl Lewis and Usain Bolt. (R) (C) 47209
- 2.30 Sign Zone: Usain Bolt: The Fastest Man Alive.** Profile of the Jamaican athlete, who will be hoping his performance at London 2012 will see him become the first man ever to retain the 100m, 200m and 4x100m relay Olympic titles. (R) (C) 35984
- 3.30 BBC News.** (C) 414377



Pick of the day

TV's Biggest Blockbusters

ITV1, 8.35pm

A countdown of the most watched programmes in British television history, revealing the top 10 in four categories – entertainment, live events, drama & soaps, and comedy. Sports are bound to be rather dominant, along with weddings such as the Duke and Duchess of Cambridge's nuptials. William Roache, pictured, Jean Boht and Anita Dobson are among the celebrities recalling the small screen's biggest hits.

The Million Pound Drop

Channel 4, 7.10pm

More teams of celebrity friends as well as Olympic and Paralympic stars try to raise as much money as possible for charity. Actress Natalie Cassidy and *X Factor* 2011 contestant Frankie Coccozza, Radio 1's Sara Cox and Aled Haydn Jones, and former athletes Jonathan Edwards and Colin Jackson are each given £1 million at the start of the quiz and face losing piles of cash if they get a question wrong. Davina McCall hosts.

BBC2

- 6.00am CBeebies: The Pingu Show.** (R) 2948247 **6.10 Zigby.** (R) (C) 4457841 **6.25 Timmy Time.** (R) (C) 2950082 **6.35 Dirtgirlworld.** (R) (C) 3100841 **6.45 Rastamouse.** (R) (C) 3120605 **7.00 CBBC: Barney's Barrier Reef.** (R) (C) 52808 **7.30 Project Parent.** (R) (C) 31315 **8.00 The Scooby-Doo Show.** (R) (C) 3951228 **8.20 Dennis and Gnasher.** (R) (C) 5864570 **8.30 The Slammer.** (R) (C) 45957 **9.00 Blue Peter's Big Olympic Tour.** (C) 69537 **9.30 Incredible Edibles.** (R) (C) 97808 **10.00 My Genius Idea.** (R) (C) 21501 **10.30 Splatatlot.** (R) (C) 58421 **11.00 Copycats.** (R) (C) 5131 **11.30 00glies.** (R) (C) 4659063 **11.35 Diddy Movies.** (R) (C) 6431024 **11.45 MOTD Kickabout.** (R) (C) 8764686 **12.05pm FILM: Jubal (1956).** Western, starring Glenn Ford and the late Ernest Borgnine. (C) 835686 **1.45 Show Me the Monet.** (C) 8851402 **2.30 Racing from Ascot.** (C) 628131 **5.00 Formula 1: German Grand Prix Qualifying Highlights.** Lee McKenzie presents action from the Hockenheimring. (C) 3509792
- 6.10 Live Golf: The Open Championship.** Hazel Irvine presents concluding coverage of the third day's play at Royal Lytham & St Annes Golf Club, where the remaining players on the course complete their penultimate rounds. Subsequent programmes subject to change. (C) 88945179
- 8.00 The Hollow Crown – Henry V.** Tom Hiddleston stars in this adaptation of Shakespeare's play about the 15th-century king. Following his youthful trials, Henry V has grown to become a respected monarch, but faces the greatest test of his reign when he is challenged by the French Dauphin. Attempts at diplomacy fail, prompting Henry to lay siege to the Normandy town of Harfleur – before engaging in a bloody battle at Agincourt that will define his reign. With John Hurt, Paterson Joseph, Anton Lesser, Lambert Wilson and Richard Griffiths. Last in the series. (C) 92744711
- 10.15 QI.** Guests Rob Brydon, Sandi Toksvig, Fred MacAulay and regular panellist Alan Davies join host Stephen Fry, who asks questions on the topic of highs and lows. (R) (C) 404217
- 10.45 TOTP2.** Featuring archive performances by acts including Culture Club, Deep Purple, the Human League, the Sex Pistols, Bob Marley and the Wailers, and Voice of the Beehive. (R) (C) 815792
- 11.45 FILM: Kicks (2009).** Premiere. Two teenage girls learn their favourite footballer is transferring to Real Madrid, so kidnap him to make him stay. Comedy drama, with Kerrie Hayes. (C) 144402
- 1.05am BBC News.** (C) 84277984
- 3.35 Close**

Channel 4

- 6.00am Channel 4 Presents – London 2012: Ellie Simmonds – Part III.** (R) (T) 1255860
- 6.05 Sali Mali.** (R) (T) 1254131 **6.10 The Hoobs.** (R) (T) 7176112 **6.35 That Paralympic Show.** (R) (T) 4936082 **7.00 British Formula Ford Championship.** (T) 9024082 **7.25 The Grid.** (T) 9094841 **7.55 The Morning Line.** (T) 3743599 **8.55 T4: Ibiza Rocks: Ed Sheeran.** (R) (T) 1275841 **9.10 T4: The Dark Knight Rises: T4 Movie Special.** (T) 7101537 **9.40 T4: New Girl.** (R) (T) 7251808 **10.15 T4: Revenge.** (T) 386605 **11.15 T4: Suburgatory.** (T) 515995 **11.45 T4: Summer Daze.** (T) 5342537 **12.20pm T4: The Big Bang Theory.** Howard becomes attracted to a woman who falls for Leonard. (R) (T) 4086315 **12.55 T4: The Big Bang Theory.** (R) (T) 2800686 **1.20 The Simpsons.** Bart is sent to France on a student exchange. (R) (T) 5268150 **1.55 Channel 4 Racing.** Live coverage of races at Newmarket and Market Rasen. (T) 11591761 **3.55 Channel 4 Presents: London 2012 – Hannah Cockroft Part III.** (R) (T) 6750624 **4.00 Come Dine with Me.** Amir Hesarah hosts the first dinner party in Hertfordshire. (R) (T) 624 **4.30 Come Dine with Me.** Claire Diamond hosts the second dinner party in Hertfordshire. (R) (T) 9428402 **5.05 Come Dine with Me.** A would-be pop star hosts the third dinner party in Hertfordshire. (R) (T) 1741024 **5.40 Come Dine with Me.** Diane Mitham hosts the penultimate dinner party in Hertfordshire. (R) (T) 385792
- 6.10 Come Dine with Me.** (R) (T) 403063
- 6.35 Channel 4 News.** (T) 786763
- 7.05 4thought.tv.** A member of the public discusses the role of father figures in modern society. (T) 889204
- 7.10 The Million Pound Drop.** See *Pick Of The Day*. (T) 15713247
- 9.00 FILM: Date Night (2010).** Premiere. A married couple stuck in a rut try to liven up their relationship with a romantic evening at a popular New York restaurant. They manage to sneak in by claiming someone else's reservation – but the people whose table they take are in debt to gangsters, and hitmen are soon on their trail. Comedy, starring Tina Fey, Steve Carell and Mark Wahlberg. (T) 89047353
- 10.45 FILM: Another 48 Hrs (1990).** Convict Reggie Hammond and cop Jack Cates once again join forces, this time taking on a mysterious drug kingpin. Comedy thriller sequel, starring Eddie Murphy, Nick Nolte, Brian James, Kevin Tighe and Ed O'Ross. (T) 36718247
- 12.40am The Million Pound Drop.** (R) (T) 465025
- 2.15 FILM: Gentlemen Broncos (2009).** Premiere. Comedy, starring Michael Angarano. (T) 224803
- 3.45 St Elsewhere.** (R) (T) 1086071
- 4.35 Deal or No Deal.** (R) (T) 7417377
- 5.30 Countdown.** (R) (T) 6237735

Channel 5

- 6.00am Milkshake!: Peppa Pig.** (R) (T) 23253286 **6.05 Roary the Racing Car.** (R) (T) 61141841 **6.15 Fifi and the Flowertots.** (R) (T) 61165421 **6.25 City of Friends.** (R) (T) 61161605 **6.35 Harry and His Bucket Full of Dinosaurs.** (R) (T) 23802266 **6.50 Abby's Flying Fairy School.** (T) 53331334 **7.00 Roobarb and Custard Too.** (R) (T) 4518763 **7.05 Bananas in Pyjamas.** (R) (T) 4743334 **7.20 Family!** (R) (T) 4213911 **7.30 Noddy in Toyland.** (R) (T) 8777841 **7.45 Bert and Ernie's Great Adventures.** (R) (T) 5914957 **7.55 Little Princess.** (R) (T) 8796976 **8.10 The Adventures of Bottle Top Bill and His Best Friend Corky.** (R) (T) 2678179 **8.30 Angelina Ballerina.** (R) (T) 7146112 **8.45 Rupert Bear.** (R) (T) 7174995 **9.00 Ben and Holly's Little Kingdom.** (R) (T) 2919537 **9.15 The Mr Men Show.** (R) (T) 7999315 **9.30 Roary the Racing Car.** (R) (T) 3549044 **9.45 Jelly Jamm.** (R) (T) 3544599 **10.00 Zoo Days.** (R) (T) 1069334 **10.05 How Do They Do It?** (R) (T) 9443686 **10.35 Big Brother: The Eviction.** (R) (T) 9992686 **11.35 FILM: Police Academy 4: Citizens on Patrol (1987).** Comedy sequel, starring Steve Guttenberg. (T) 22785112 **1.20pm FILM: Adventures in Babysitting (1987).** Comedy adventure, starring Elisabeth Shue. (T) 86264570 **3.15 FILM: Fly Away Home (1996).** Family adventure, starring Jeff Daniels and Anna Paquin. (T) 36675044 **5.20 FILM: Stone Cold (2005).** Detective drama, starring Tom Selleck. (T) 35468711
- 7.00 Cricket on 5.** England v South Africa. Mark Nicholas presents highlights from the third day of the First Test at the Oval. (T) 6743247
- 8.00 5 News Weekend.** (T) 1508150
- 8.05 NCIS.** The port-to-port killer targets a member of the NCIS team. (R) (T) 59828150
- 9.10 Big Brother.** Marcus Bentley provides his familiar voiceover as the housemates survive another 24 hours in the *Big Brother* house, including the latest eviction as seen from the point of view of the contestants, and the reactions of the other nominees relieved that it was not them. (T) 3632353
- 10.10 CSI: Miami.** New series. Horatio hunts for the man who shot him. (T) 8553353
- 11.05 CSI: Crime Scene Investigation.** A man dies from overeating and it emerges he had a rare genetic disorder. (R) (T) 8313841
- 12.05am SuperCasino.** 82664822
- 4.00 HouseBusters.** (R) (T) 57990735
- 4.25 Great Scientists.** (R) (T) 57806342
- 4.50 County Secrets.** (R) (T) 29748990
- 5.00 Hana's Helpline.** (R) (T) 33430006
- 5.10 The Milkshake! Show.** (R) (T) 27442613
- 5.35 Thomas & Friends.** (R) (T) 55585919
- 5.45 Roary the Racing Car.** (R) (T) 42315613

ITV1

- 6.00am CITV: Mini CITV.** 4342995
- 7.25 CITV.** 7776268
- 8.25 Saturday Cookbook.** (T) 2573570
- 9.25 ITV News.** (T) 5874889
- 9.30 The Jeremy Kyle Show USA.** (T) 8658599
- 10.25 The Jeremy Kyle Show USA.** (T) 7323599
- 11.20 The Real Housewives of New York City.** 5351624
- 12.15pm ITV News and Weather;** Weather. (T) 2538334
- 12.25 FILM: Escape to Victory (1981).** Allied PoWs take to the football field when a group of Nazi officers comes up with the idea to have them take on a German team for a propaganda event. However, the prisoners see a chance to escape during the match. Second World War adventure, with Michael Caine, Sylvester Stallone and Daniel Massey. Former soccer stars also making appearances include Pele, Bobby Moore and Ossie Ardiles. (T) 42313150
- 2.35 FILM: The Man with the Golden Gun (1974).** James Bond's investigation into the death of a world-renowned scientist working on solar technology draws him into a battle of wits with a stealthy assassin, who dispatches his victims with a golden bullet and has the British secret agent next in his sights. Spy thriller, starring Roger Moore, Christopher Lee, Britt Ekland and Maud Adams. (T) 92706808
- 5.00 Anglia News and Weather.** (T) 4770179
- 5.10 ITV News and Weather.** (T) 4750315
- 5.25 Primeval.** The team fights to prevent Earth's destruction and save Connor's life. Last in the series. (T) 9627179
- 6.30 You've Been Framed Extreme!** Harry Hill narrates a selection of some of the most extreme clips filmed by viewers, featuring various trampoline tumbles and a bike rider enduring an uncomfortable landing. (R) (T) 97841
- 7.30 The Cube.** Phillip Schofield invites world champion hurdler Dai Greene and former Olympic javelin thrower Fatima Whitbread to take on a series of fiendishly difficult challenges in the cube. Each given nine lives at the start, they face up to seven tasks, ranging from agility tests to skill trials, and the more they complete, the greater their chances of winning £250,000 for charity. (T) 586179
- 8.35 TV's Biggest Blockbusters.** See *Pick Of The Day*. (T) 24286537
- 10.30 ITV News and Weather;** Weather. (T) 750247
- 10.45 Mad Mad World.** Singer and reality TV star Peter Andre, actor Vinnie Jones and TV presenter Christine Bleakley join team captains Rufus Hound and Rhys Darby and regular panellist Rob Rouse for the comedy quiz based on news, events and TV clips from around the world. (T) 190266
- 11.30 Take Me Out.** A martial-arts champion, a soul singer, a car salesman and a street dancer enter the 'love lift' hoping to impress 30 single women, but must get the female participants to keep their lights on as a sign of approval. Last week's couples go on their dates, discovering whether they are a match made in heaven or hell. (R) (T) 523995
- 12.35am The Store;** ITV News Headlines. 27951648
- 2.40 In Plain Sight.** (R) (T) 7656822
- 3.25 ITV Nightscreen.** 79533280
- 5.30 ITV Morning News.** (T) 17025

ITV1 Central

As ITV1 Anglia except: 5.00pm Central News and Weather. (T)



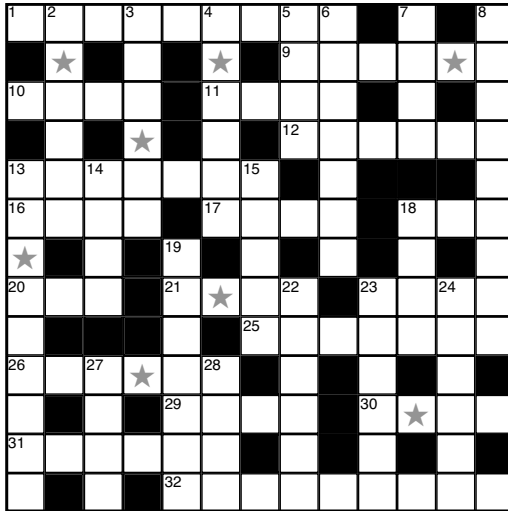
Puzzle Challenge

Every Wednesday in the **Newmarket News**

FOUR PAGES OF CROSSWORDS, QUIZES, SUDOKUS, KAKUROS - AND MUCH, MUCH MORE

STARSPOT CROSSWORD

Can you find the celebrity name hidden in this Starspot Crossword? Complete the crossword in the normal way then make a note of the letters contained in all the squares which are marked with shaded stars. These letters will make an anagram of the name you are looking for.



ACROSS

- Gathered (9)
- Stride (4)
- Inflamed swelling (4)
- Brood of animals (6)
- Grows into (7)
- Depend (4)
- Secure (4)
- Married title (3)
- Chopper (3)
- Eternally (4)
- Land measures (4)
- Cattle farms (7)
- Relic (6)
- Sour tasting (4)
- Writing fluids (4)
- Oral (6)
- Cleanser (9)

DOWN

- Sofa (6)
- Keep occupied (6)
- Infants (6)
- Wicked (4)
- Liberate (7)
- Item of footwear (4)
- Speaks to (9)
- Early meal (9)
- Hint (4)
- More secure (5)
- A good deal (4)
- Repeated aloud (7)
- Baby's toy (6)
- Performing (6)
- Estimate (6)
- Before long (4)
- Country road (4)

Each question has four possible answers and is worth from one to 15 points. Circle your chosen answers and keep a record of your points total. Maximum total points 120.

The Accumulator Quiz

QUESTION 1 – for 1 point:

Which cartoon film featured the Blue Meanies?

- A The Little Mermaid
- B Toy Story
- C Yellow Submarine
- D Monsters, Inc.

QUESTION 2 – for 2 points:

What is a blunderbuss?

- A An early form of shotgun
- B A horse-drawn omnibus
- C A rude aggressive person
- D A lightning conductor

QUESTION 3 – for 3 points:

Which disc jockey joined the BBC in 1960 and became known as Fluff?

- A Tony Blackburn
- B Ed Stewart
- C Johnnie Walker
- D Alan Freeman

QUESTION 4 – for 4 points:

Which novel by Charles Dickens features the young boy Philip Pirrip or Pip?

- A A Christmas Carol
- B Great Expectations
- C The Old Curiosity Shop
- D David Copperfield

QUESTION 5 – for 5 points:

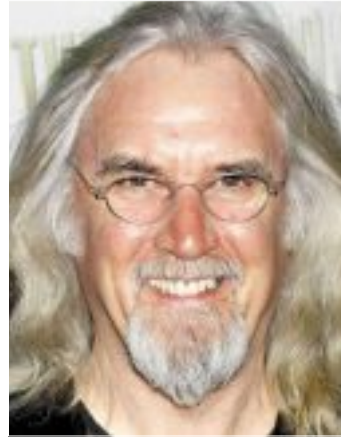
How are the Canary Islands generally understood to have acquired the name?

- A From the Latin canaria (dogs)
- B From the birds found there
- C From their fish-canning plants
- D From the flowers found there

QUESTION 6 – for 6 points:

Which is the largest island in the world, excluding Australia as a continent?

- A Borneo
- B New Guinea
- C Madagascar
- D Greenland



Comedian Billy Connolly. See Question 10

QUESTION 7 – for 7 points:

In which TV comedy series did Jean Boht star as Nellie Boswell?

- A Nearest And Dearest
- B Bread
- C Birds Of A Feather
- D Absolutely Fabulous

QUESTION 8 – for 8 points:

Which metal is obtained from the ore bauxite?

- A Lead
- B Tin
- C Copper
- D Aluminium

QUESTION 9 – for 9 points:

Which cyclist had a run of five consecutive wins in the Tour de France?

- A Miguel Indurain
- B Jacques Anquetil
- C Bernard Hinault
- D Eddy Merckx

QUESTION 10 – for 10 points:

Which Scottish folk band was founded by Billy Connolly and Tam Harvey in the mid-1960s?

- A Silly Wizard
- B The Humblebums
- C Whistlebinkies
- D Capercaillie

QUESTION 11 – for 11 points:

What is the stage name of singer Vincent Furnier?

- A Alice Cooper
- B Adam Ant
- C Iggy Pop
- D Georgie Fame

QUESTION 12 – for 12 points:

What is the overall width of a set of stumps in first-class cricket?

- A Nine inches
- B Ten inches
- C Twelve inches
- D Fifteen inches

QUESTION 13 – for 13 points:

When is the festival of Candlemas celebrated?

- A December 30
- B January 12
- C February 2
- D March 7

QUESTION 14 – for 14 points:

Where in the human body is the pisiform bone?

- A The wrist
- B The neck
- C The ankle
- D The big toe

QUESTION 15 – for 15 points:

Who made the first balloon flight across the English Channel in 1785?

- A De Rozier and d'Arlandes
- B Blanchard and Jeffries
- C J. Charles and M. Robert
- D Giffard and Dumont

All puzzles in this supplement are supplied by Sirius Media Services. To try more of our puzzles interactively online go to www.puzzledrome.com



SUDOKU

THERE is just one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

9				2				4
1			9	4	5	2		6
		6			7	9	3	
		7	1		4	8		
		4		3	8			
		1	2	6			4	
4			5			6		3
7		9			6		5	
5	6		3				7	

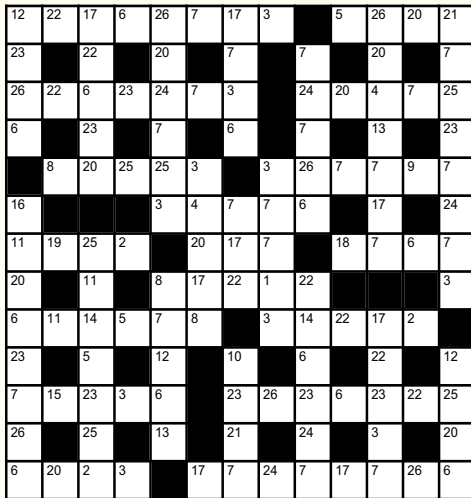
Moderate

8		2						
				1	3	8		6
6			8	4				
						4	2	5
2		8						
	9	3		7				
				7		6	3	
9				5	7			
				2		5		

Difficult

2			6			4		
		3		9				
	1						5	8
	7	8					9	
		4				6		
	3		9	2				
5					4	1		9
				3	8			
								7

CROSS CODE



ABCDEFGHIJKLMNOPQRSTUVWXYZ

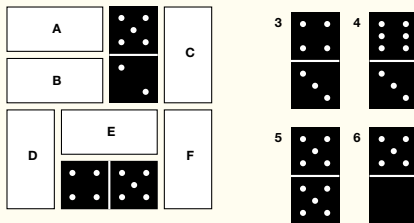


Each number in the Cross Code grid represents a different letter of the alphabet. You have three letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares.

As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the alphabetical list of letters as you identify them.

SPOT CHECK

Can you place the six dominoes (right) into the grid below in such a way that the number of spots in all four rows across and all four rows down totals the same?



PATHWORDS

Starting from the central shaded letter, move one letter at a time (up, down, right or left, but not diagonally) to find 16 dances.

B N O T S E L R A A B
O R O C H A C H H C M
L E Z T L A W A S R U
U Q O G N A T O N G Y
I E P O L K A D R O A
C T F P L F K H S E G
K S O O A M L O I K L
R T X C N E A R A P A
O M B E T H W N N O W
T A L S E N I P O L E
P A U L J O P E C A K

General Knowledge Crossword

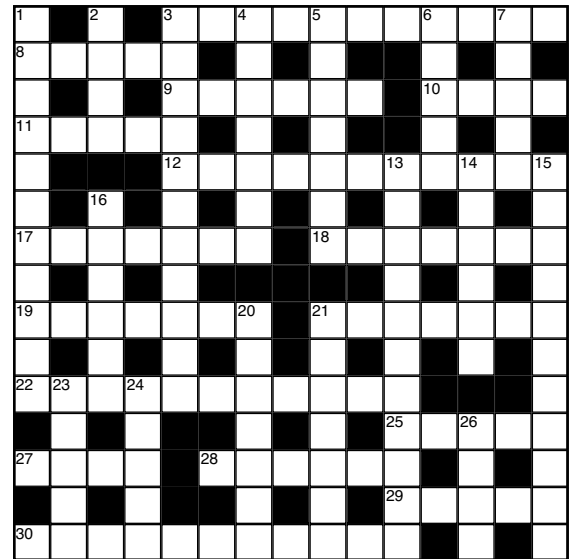
Who? Why? How?
When? Where?

ACROSS

3. Humorous expression for tainted money or sordid gain (6,5)
8. Open sore, a continuing source of pain (5)
9. On land as opposed to on board (6)
10. Official language of Pakistan (4)
11. Slang expression for travelling at 100mph (3-2)
12. Female costermonger in London (6,5)
17. Vocabulary of a language (7)
18. Archaic interjection meaning 'I beseech you' (7)
19. Entering as an occupant (7)
21. Greek island, part of the Cyclades in the Aegean Sea (7)
22. One whose aim is to climb every Scottish mountain over 3,000ft (5-6)
25. Feeling of languor or weariness (5)
27. One of the Shetland Islands south-west of Unst (4)
28. Crop harvested while green for fodder (6)
29. American interjection expressing surprise and pleasure (5)
30. Synthetic thermoplastic material that is not biodegradable (11)

DOWN

1. Collection of children's stories by Richmal Crompton about a mischievous schoolboy (4,7)
2. Optically or digitally scrutinise data (4)
3. Blend of white coffee with ice and flavourings (11)
4. Rosamond -----, British novelist (1901-90), author of The Echoing Grove (7)
5. Congenital facial deformity (7)
6. World's largest monolith formerly called Ayers Rock (5)
7. Barnaby -----, novel by Charles Dickens (5)
13. Preserve food by rapid refrigeration (5-6)
14. Colourless, odourless gaseous alkane (6)
15. Rhine wine named after a town near Mainz (11)
16. Life-supporting gas (6)
20. Force attracting a body towards the centre of the earth (7)
21. Person of power and rank, especially in industry (7)
23. Rust fungus in its summer stage (5)
24. Renowned British car manufacturer during 1920s and 1930s (5)
26. Tailed amphibian of the salamander family (4)



WORD WIZARD

Here is an unusual word with three definitions, only one of which is correct. Can you identify the right definition?

FRISKET

- 1) A light frame used in printing to hold in place the sheet to be printed;
- 2) A trifle, or insignificant bauble;
- 3) A thick pancake, often served with slices of bacon.

DIALLING CODES

Telephone dialling pads combine several letters on one key. Here we have encoded several sets of words or items by using numbers rather than letters. Then we have divided them into groups of three characters and run all the names one after another to make your task a little more difficult. Can you crack the code?



Spaces and any punctuation marks are represented by 1.

1. male tennis players

668 251 356 568 421 723
235 162 325 126 391 687
729 158 261 627 846 133
517 687 612 639 176 334
251 764 371 333 373 718
662 712 373 924

4. plumbing

747 464 162 461 267 737
174 731 786 726 251 476
528 464 182 583 172 342
867 153 913 539 425 314
673 126 453 717 653 371
747 312 363 37

2. parts of a church

628 312 537 378 679 123
551 869 371 739 167 426
136 681 783 375 312 797
812 464 778 255 712 475
317 747 317 857 481 872
673 781 242 735

5. African countries

842 632 178 326 153 692
126 465 214 426 217 929
452 631 669 262 478 316
443 742 192 624 217 926
321 384 467 421 625 294
126 879 262

3. seven famous paintings

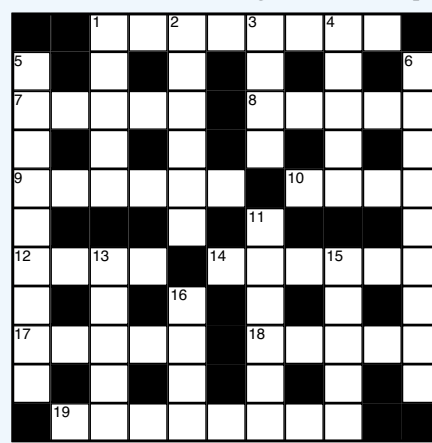
843 178 277 916 444 816
662 154 721 843 152 781
787 737 178 635 693 771
928 371 545 437 184 312
478 416 318 368 712 637
422 614 684 42

6. parts of a car

456 831 269 177 645 371
227 287 388 671 474 553
189 731 432 352 671 943
351 746 251 227 672 371
242 774 712 666 381 723
428 671 286 737

SPORTSWORD

A test of knowledge for the sporting enthusiast



ACROSS

1. Golf's US Open winner in 2005 (8)
7. ----- Park, home of Blackburn Rovers (5)
8. ----- Mansell, F1 world champion (5)
9. Dave -----, Wigan Athletic chairman (6)
10. ----- Collymore, Nottingham Forest, Liverpool and Aston Villa striker (4)
12. See 2 Down
14. Football's 'Cottagers' (6)
17. Robbie -----, Port Vale, Wimbledon and Jamaica forward (5)
18. City where Juventus play home matches (5)
19. Heli -----, women's javelin Olympic champion in 1996 (8)

DOWN

1. Vic -----, Aston Villa manager (5)
2. & 12 Across. 1000 Guineas and Oaks winner in 1986 (6,4)
3. Sincil -----, home of Lincoln City (4)
4. ----- Cavalry, 1980 St Leger winner (5)
5. Nottingham Forest, Sheffield Wednesday and England defender (3,6)
6. Spurs and Germany striker (9)
11. Terry -----, Sheffield Wednesday coach (6)
13. Gabriella -----, women's 1500 metres Olympic champion in 1984 (5)
15. Tim -----, Australia rugby centre (5)
16. Charles -----, England rugby centre (4)

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Newmarket **£145,000**
 A 2 bedroom end of terrace property with a superb long rear garden with scope for further improvements, 2 double bedrooms, an extended kitchen and a modern 1st floor shower room. NO CHAIN.



Isleham **£185,000**
 A charming 2 bedroom detached cottage standing within established gardens towards the outskirts of this popular village. Features include 3 reception rooms, a modern fitted kitchen and ground floor shower room.



Great Bradley **£210,000**
 A 3 bedroom detached house standing in a popular residential area overlooking an open green with a modern fitted kitchen & separate utility room, 2 reception rooms & oil fired central heating. AN EXCELLENT FAMILY HOME.



Burwell **£209,950**
 An attractive 2 bedroom detached bungalow delightfully situated in a well regarded private cul-de-sac with good access to the village centre and amenities. The property also benefits from a dual aspect sitting room.



Wickhambrook **£235,000**
 An individual brand new 3 bedroom detached house attractively situated in a non estate village location with superb views to the front over open countryside. The property is currently being completed by the builder.



Newmarket **£249,950**
 A beautifully presented 2 bedroom detached bungalow standing in a sought after location south of town. The property benefits from a quality fitted kitchen, a large rear garden, integral double garage and detached studio.



Wickhambrook **£289,950**
 A newly constructed individual 4 bedroom detached house forming part of an exclusive development with attractive views over open countryside. Benefits include a quality fitted kitchen with appliances, master bedroom & ensuite.



Newmarket **£295,000**
 An individual 4 bedroom detached bungalow attractively situated at the head of a cul-de-sac overlooking school playing fields with a stunning open plan kitchen/ dining and family area and a master bedroom with ensuite bathroom.



Exning **£298,000**
 An impressive 5 bedroom detached house standing in a superb corner plot with far reaching views over open countryside. The property is well presented and has the advantage of a large open plan sitting/dining area.



Exning **£325,000**
 A charming late Victorian 4/5 bedroom detached house standing in the heart of this sought after village with the advantage of an enclosed rear garden and double carport. RARELY AVAILABLE - EARLY VIEWING RECOMMENDED.



Burwell **£335,000**
 An individual 3 bedroom detached character property delightfully situated in private part walled gardens with 3 reception rooms and a 1st floor master bedroom with ensuite WC. VIEWING ESSENTIAL.



Fordham **£415,000**
 A substantial 5 bedroom detached house forming part of an exclusive development close to the centre of this sought after village. The impressive accommodation includes 4 reception rooms and 2 ensuite shower rooms.

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Cheffins



Cheveley

£340,000

An individual detached bungalow standing in secluded gardens close to the centre of this sought after village. Constructed in brick beneath a peg tiled roof the accommodation is well presented and has the advantage of oil fired central heating and sealed unit double glazing. Features include a modern fitted kitchen, a conservatory and established private gardens.



Wickhambrook

£250,000

A newly constructed 4 bedroom semi-detached house standing in an idyllic setting with far reaching views over open countryside. Finished to an impressive specification the property includes a quality fitted kitchen with appliances and oak work surfaces, contemporary white sanitary ware, 2 shower / bathrooms, double glazing and air source heating.



Exning

£155,000

A charming 2 bedroom end of terrace Victorian Cottage standing in a highly regarded location with the advantage of a good sized south facing rear garden. The impressive accommodation includes 2 reception rooms, a modern fitted kitchen and separate study/utility room. **EARLY VIEWING RECOMMENDED.**



Wickhambrook

£355,000

An impressive individual 4 bedroom detached house forming part of an exclusive development with attractive views over open countryside. Features include a quality fitted kitchen with built-in appliances, a separate utility room, a family room and master bedroom with ensuite shower room.

DAVID
BURR

NEWTON

Bury St Edmunds 18 miles - Ipswich 17 miles



A charming period property occupying a wonderful semi-rural position which has been subject to a comprehensive renovation project with far reaching views over open farmland. Sitting room, study, kitchen, utility, cloakroom, bathroom, double cartlodge and garage.

In all about 1 acre.

To Let £2,100 pcm

BELCHAMP ST PAUL

Newmarket 20 miles - Clare 3 miles



A substantial Grade II listed farmhouse in a quiet rural location with large grounds. 3 reception rooms, study, kitchen/breakfast room, cloakroom and utility. 5/6 bedrooms (2 ensuite), family bathroom. Various outbuildings and a post and rail fenced paddock.

In all about 3.3 acres.

To Let £1,900 pcm

WOOLPIT

Bury St Edmunds 10 miles - Newmarket 23 miles



A charming three bedroom detached cottage located within a short distance from the village centre. Sitting room, dining room/playroom, kitchen/breakfast room, office space, off road parking, bathroom, shower room and garden.

To Let £795 pcm

STOKE BY CLARE

Clare 3 miles - Cambridge 24 miles



A charming detached period cottage situated in a quiet rural location. Sitting room, study area, dining area, kitchen/breakfast room, shower room, 3 bedrooms and bathroom. Garden and parking.

To Let £950 pcm

CLARE

Bury St Edmunds 16 miles - Newmarket 16 miles



A first floor flat of generous proportions within the centre of this charming village. Sitting room, study/bedroom 3, 2 further bedrooms, family bathroom, kitchen and designated garden.

To Let £695 pcm

NEWMARKET

Bury St Edmunds 13 miles - Cambridge 13 miles



A Victorian terraced cottage set to the North of the town centre and close to local amenities. 2 double bedrooms, sitting room, modern fitted kitchen, bathroom and private enclosed back garden

To Let £650 pcm

BELCHAMP ST PAUL

Clare 3 miles - Newmarket 20 miles



A Victorian mid terrace property situated in a popular village location overlooking the village green. Sitting room, kitchen/breakfast room, shower room, 2 bedrooms and parking.

To Let £675 pcm

DAVID BURR

ASHLEY

Newmarket 4 miles - Bury St Edmunds 13 miles



An attractive 2336 sq ft detached brick and flint barn conversion situated in one of the areas most favoured villages, a short walk to amenities. Drawing room, sitting room, kitchen/dining room, utility room, 7 bedrooms (4 ensuite), gardens and garage.

In all about 0.32 of an acre.

Guide £685,000

CLARE

Bury St Edmunds 16 miles - Newmarket 16 miles



A substantial Grade II listed Georgian residence situated in one of the areas most desirable locations. 5 reception rooms, kitchen/breakfast room, orangery, utility, cloakroom, 5 bedrooms (1 ensuite), 2 bathrooms and 2 shower rooms. Detached 3 bedroom cottage and mature walled gardens.

In all about 0.87 of an acre.

Guide £1,250,000

TUDDENHAM

Bury St Edmunds 9 miles - Newmarket 9 miles



A splendid 2400 sq ft village house occupying a prominent position on the High Street itself. Sitting room, family room, impressive 32' kitchen/breakfast room, utility, 6 bedrooms (1 ensuite) and family bathroom. Walled rear garden and parking.

Guide £430,000

NEWMARKET

Ashley Road



A prominent 3000 sq ft home situated in a sought after location on the outskirts of town. 2 receptions, kitchen/dining room, utility, garden room and cloakroom. 5 bedrooms (3 en suite) and family bathroom. Office/studio and car ports.

In all about 0.25 of an acre

OIEO £550,000

OUSDEN

Newmarket 7 miles - Bury St Edmunds 8 miles



This charming flint and thatched period cottage is situated in a semi rural location and is thought to date back to the 18th century. Sitting room, dining room, kitchen, pantry, utility, study, garden room, bathroom, 2 bedrooms, garage and carport

Guide £255,000

BARNARDISTON

Newmarket 13 miles - Bury St Edmunds 16 miles



A unique detached former chapel with annexe/studio. Drawing room, kitchen/dining room, sitting room/bedroom 3, study, utility and shower room. 2 bedrooms both en suite. Gardens, 2 bay cart lodge and garage.

Guide £349,950

DULLINGHAM

Newmarket 3 miles - Cambridge 12 miles



A well presented detached home boasting superb open views to the rear over paddocks. Sitting room, dining room, study, kitchen/breakfast room, 4 bedrooms (1 ensuite), family bathroom, garage and parking.

Guide £385,000



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WHATLEY LANE

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**DETACHED BUNGALOW WITH ANNEX £350,000**

Located approximately half a mile from Newmarket town centre and its amenities. It has been extensively renovated by its current owners. Essentially a three bedroom main bungalow, a one bedroom fully self-contained annex and garage offering further potential accommodation. It benefits from south-west facing gardens, off-road parking and double glazing.

**TOWN CENTRE LOCATION £235,000**

First class two bedroom second floor apartment, Newmarket. With the benefit of allocated off-road parking, a lift and communal gardens, this high specification apartment comprises entrance hall, large open plan kitchen/ sitting room, two well-proportioned bedrooms (master en-suite) and bathroom. NO UPWARD CHAIN.

**COTTAGE IN A PRETTY LOCATION, ASHLEY £299,000**

Originally four, one bedroom cottages, this property offers an excellent opportunity for improvement. Situated in a beautiful location, in the heart of the village, the property is in need of a substantial refurbishment and re-modelling. It has a very large rear garden and presents a real 'project' for the right buyer.

**LEAFY SUBURBS OF NEWMARKET £399,000**

Beautiful four bed period stable conversion occupying a secluded location. Presented in immaculate condition, this property comprises five good-sized reception rooms including a stunning garden room extension and four bedrooms (master en-suite). It boasts delightful mature gardens, a garage, carport, ample off-road parking and far reaching views over paddocks.

**DELIGHTFUL PERIOD COTTAGE, FORDHAM £389,950**

Brimming with period features, in the heart of this popular village. Offering further potential this cottage essentially comprises three reception rooms, a fitted kitchen, three bedrooms (master en-suite) and family bathroom; externally it also boasts delightful private gardens and off-road parking facilities including a detached double garage. NO UPWARD CHAIN.

**QUIET LOCATION WITH EXTENSIVE GARDENS £285,000**

This three bedroom detached bungalow is situated on a quiet road in Moulton and has been the subject of care from its current owners. The property benefits a modern fitted kitchen and stylishly decorated sitting room. Externally, it offers a beautiful rear garden in excess of ¼ an acre (s.t.s) and driveway providing off road parking for several vehicles.

**FAMILY HOME IN 2 ACRES (STS), CHEVELEY £499,950**

A beautiful detached property situated in the sought after village of Cheveley benefitting from extensive grounds and equestrian facilities. Boasting four bedrooms, five spacious reception rooms, a beautiful newly fitted kitchen, secure gated entrance with ample off road parking, integral garage, paddocks and four stables. Early viewing is strongly recommended.

**WELL-APPOINTED HOME IN GAZELEY £385,000**

Modern detached four bedroom property with a double garage. Overlooking a landscaped village green, this property benefits from excellent ground floor accommodation including a large kitchen extension to the rear. It also boasts a separate dining room, en-suite facilities to the master bedroom and an attractive rear garden with decking area.

**FAMILY HOME, ISLEHAM £205,000**

Modern three bedroom detached home offering spacious accommodation. Boasting generously sized front and rear gardens with a single garage, this competitively priced property offers the perfect opportunity for a growing family or first time buyer. The village of Isleham conveniently located is around 7 miles north of Newmarket and approximately 10 miles from Ely.

NEWMARKET
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KENTFORD £1,800 PCM



A rare timber framed listed 4 bedroom detached cottage originally dating back to 17th situated within attractive landscaped gardens.

HERRINGSWELL £1,800 PCM



A grade 2 listed 2 double bedroom coach house conversion, arranged over three floors enjoying a private garden, garage and parking.

BURWELL £1,195 PCM



A detached family home offering kitchen/breakfast room, living/dining room, 4 good size bedrooms, garage and parking.

NEWMARKET £925 PCM



A 3 bedroom detached property set within a sought after area, close to the Train Station and a well regarded primary school.

NEWMARKET £850 PCM



A beautifully presented and fully furnished 4 bedroom home in a desirable location benefiting from maintained garden and garage.

RED LODGE £795 PCM



A well presented three bedroom property located in the popular village of Red Lodge. Externally offering rear garden and parking.

NEWMARKET £825 PCM



A superb townhouse located on the south side of town. Includes integrated kitchen, three bedrooms and ensuite. Off road parking.

RED LODGE £795 PCM



A mid terrace property located in this modern development. Includes kitchen/diner, WC and three bedrooms. Available August.

BURWELL**01638 742461****MA**
Morris Armitage**BURWELL £299,995****NEW**

A well appointed modern 3 storey, 4 bedroom (2 with ensuite), link detached family home constructed in 2003 providing the upmost quality of presentation throughout and positioned with a popular residential area on the edge of the village with superb access to Cambridge.

BURWELL £240,000**NEW**

A rare opportunity to purchase a detached non estate 2 bedroom bungalow enjoying a conservatory, delightful south facing rear garden and garage/workshop located within this sought after East Cambridgeshire village. Offered for sale with no onward chain. Early viewing essential.

BURWELL £339,995

A superbly presented and extended three bedroom detached bungalow, finished to a high level with superb vaulted dining room, well stocked gardens, garage and parking. No chain.

BURWELL £255,000

A modern detached home within this popular residential development offering 4 double bedrooms with built in wardrobes, double garage, south facing garden. No chain.

BURWELL £149,995

A refurbished, well presented bungalow set towards the end of a no-through road. Offers lounge, refitted kitchen, two bedrooms and study/dining area. Generous garden and parking.

BURWELL £315,000**NEW**

A rare opportunity to purchase a detached 4 bedroom family residence standing in a most desirable central village cul-de-sac and enjoying quite delightful mature gardens extending to approximately 80ft in length, with ample off road parking and detached oversized garage.

BURWELL £235,000**NEW**

An individual detached non estate property with superbly presented accommodation to include spacious oak fitted kitchen/dining room, three double bedrooms and first floor family bathroom, front & rear gardens and off road parking. No onward chain. Viewing essential.

NEWMARKET
01638 560221

MA
Morris Armitage

NEWMARKET £179,995



A recently improved and spacious three double bedroom Victorian terrace property set on the outskirts of the town centre. Enjoying a fully enclosed garden with garage and parking.

KENNETT £415,000



A substantial family home on the edge of this small development offering extremely spacious rooms throughout, boasting a 25ft kitchen/family room and five truly good size bedrooms.

NEWMARKET £135,000

NEW



An updated Victorian property set on the south side of the town and set close to all local amenities. Two double bedrooms, a first floor bathroom and useful outhouse/cloakroom.

MOULTON £279,995

NEW PRICE



A rare opportunity to purchase a superb three bedroom family home delightfully set down a quiet road within this picturesque and highly regarded village and enjoying some beautiful established gardens. Light and airy with 3 reception rooms, cloakroom and a detached garage.

NEWMARKET £229,995

NEW PRICE



An extended and improved 3 bedroom semi-detached family home set towards the end of a no-through road and positioned in this established residential area. Cleverly planned and updated in recent years, the property offers accommodation to include sitting room/bedroom 4.

NEWMARKET £131,500

NEW



A Victorian terraced property set within walking distance of all local amenities. Includes lounge with fireplace, kitchen/diner, two double bedrooms and feature roof terrace balcony.

NEWMARKET £148,000

NEW



An immaculate two bedroom bungalow situated in an enviable position within this established development. Enjoys a spacious, enclosed garden, views over green and garage en bloc.

NEWMARKET £122,500

NEW



An improved first floor apartment set within striking distance of the High Street. Includes porch, hall, lounge, kitchen/breakfast room, two bedrooms, an enclosed garden and useful store.



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**Source: Hovis Feb 2011.

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WICKEN

£140,000

NEW



A delightful two bedroom semi detached cottage situated in the popular village of Wicken with views overlooking the village green and public house.

SOHAM

£189,950

NEW



We are delighted to offer for sale this extremely well presented three bedroom detached family home situated in a popular residential area in the Fenland town of Soham.

SOHAM

£114,950

NEW



A two bedroom end terrace house which would be an ideal first time purchase or a buy to let investment.

SOHAM

£124,500

NEW



A two bedroom extended semi detached house with double glazing and gas radiator heating within the market town of Soham.

SOHAM

£124,950

NEW



An opportunity to purchase an extended two bedroom detached bungalow in need of modernisation and updating offering tremendous scope for further improvement.

SOHAM

£134,950

NEW



A smart modern two bedroom terrace home in a popular location close to the town with lounge/diner, gas radiator heating, enclosed garden and single garage. Ideal investment or first time buyer opportunity.

CLAY STREET

£140,000

NEW



An opportunity to purchase a recently refurbished two bedroom detached bungalow in a sort after development close to the centre of this old fenland town. In detail the property comprises of:- Reception hall, bathroom, lounge, inner hallway, two bedrooms,

SOHAM

£142,000

NEW



An opportunity to purchase a modern two bedroom semi detached bungalow in a popular location close to the town and all facilities. The property benefits from Upvc double glazing and gas radiator heating as well as having off road parking and garden.

SOHAM

£164,500

NEW



A deceptively spacious older style four bedroom end of terrace family home situated close to the town and all facilities.

SOHAM

£164,950

NEW



A modern three bedroom semi detached family home on a popular new development on the edge of this Fenland town.

MARTIN CLOSE

£179,950

NEW



An opportunity to purchase a recently refurbished two bedroom detached bungalow in a sort after development close to the centre of this old fenland town. In detail the property comprises of:- Reception hall, bathroom, lounge, inner hallway, two bedrooms,

SOHAM

£275,000

MUST BE VIEWED



Situated in the heart of this popular Fenland town this substantial four bedroom detached family residence offers versatile and spacious accommodation. Reception Hall, Cloakroom, large living room, dining room, kitchen, utility, four good bedrooms.

sales lettings mortgages



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NEWMARKET £99,950

VACANT

A first floor one bedroom apartment located just off the High Street. Entrance hall, Double Bedroom,

NEWMARKET

£118,500

NEW PRICE

Your Move are pleased to bring to the market this Victorian terrace house in excellent location for the town centre. Modern fitted Kitchen and Modern fitted white Bathroom. The Sitting Room has a lovely feature fireplace, small rear courtyard area. This home will be an excellent First Time Buy or for Investment purposes. An internal inspection is recommended

NEWMARKET

£147,500

NO CHAIN

A spacious three bedroom end of terrace family home situated close to the town and all facilities. Entrance hall, cloakroom, lounge/diner, kitchen, three bedrooms, shower room, enclosed garden. **NO UPWARD CHAIN!!!**

NEWMARKET

£115,000



A spacious first floor two bedroom apartment close to the town, currently rented at £590 per month.

NEWMARKET

£139,950

NEW PRICE

A well extended modern two bedroom terrace home situated within a popular location close to the town and all facilities. Offering spacious and versatile living accommodation along with a single garage and enclosed gravelled garden this property offers huge potential and viewing is highly recommended.

GROVE GARDENS

£152,500

NO CHAIN

A well presented and extended two bedroom semi detached bungalow situated within an exclusive development within the popular village of Fordham. The property has been updated within recent times and benefits from a gas combination boiler - Entrance Hall, Lounge, Dining Area, Kitchen, Two Bedrooms, Bathroom, Enclosed Garden.

EXNING

£154,995

NEW PRICE

A rather attractive bay fronted Victorian two bedroom cottage with a first floor bathroom and gas radiator heating. Offered with no upward chain this is well worth a look!!
Comprising of the following:- Sitting Room, Dining Room, Kitchen, First Floor Landing, Two Bedrooms, First Floor Bathroom, Established gardens.

NEWMARKET

£239,995

MUST BE VIEWED

Situated in a pleasant cul de sac opposite an open green area close to the historic racing town this extended three bedroom semi detached home is well worth a look. The present owners have been in occupation for over 30 years and have improved this home over the years with the addition of a conservatory and porch, brick block front garden, driveway and carport as well as updating the kitchen and family bathroom.

RESIDENTIAL LETTINGS

SOHAM

£565 PCM

TO LET

A smart one bedroom modern apartment with the benefit of a single garage and gas central heating. Available now!!!

SOHAM

£525 PCM

TO LET

An attractive Victorian ground floor 2 bedroom flat conversion available for immediate occupation. Gas central heating, Parking and modern Kitchen.

RED LODGE

£575 PCM

TO LET

An immaculate almost new two bedroom mews type home situated within the up and coming village of Red Lodge. Entrance Hall, Cloakroom, Lounge/Diner, Fully Equipped Kitchen and Gas Radiator heating.

SOHAM

£575 PCM

TO LET

Two bedroom house in courtyard setting just off the Town centre. Spacious living room, kitchen & breakfast room. Cloakroom first floor bathroom. Electric heating allocated parking, enclosed garden

SOHAM

£599 PCM

TO LET

A choice of 4 brand new 2 bedroom Mews properties just off the High Street close to the town and all facilities. Be quick!!!

SNAILWELL

£625 PCM

TO LET

A two bedroom semi detached bungalow situated on a large corner plot within this tranquil village just outside Newmarket. Entrance, Lounge/Diner, Kitchen, Bathroom, Electric Heating and off road parking!!

SOHAM

£675 PCM

TO LET

A good size three bedroom terrace home in a popular location close to the town. Gas central Heating, Enclosed garden, Garage in Block. Available now!!!!

BURWELL

FROM £1,150 PCM

TO LET

A Choice of 2 brand new detached houses situated within this sought after village within a select development. 4 bedrooms available with fully equipped kitchens, spacious reception rooms, cloakrooms, family bathrooms, en-suite facilities, gas

what's hot on the market

featurehomes

On the market for £339,995 in Burwell



at a glance

- On the market for £339,995
- Smart refurbished bungalow
- Three bedrooms
- Landscaped garden
- Garage and parking
- Village location



THIS property in Park Road, Burwell, is on the market for £339,995.

Stylishly presented, it offers light, spacious accommodation which would suit a young couple, a family or those looking to downsize.

Rooms include an entrance hall,

living room with open fireplace, a separate dining area, beautiful kitchen/breakfast room, utility room, master bedroom with en suite, two further bedrooms and a bathroom.

The property is in the heart of this sought-after village, close to a range

of good local amenities, and there is a lovely lawned garden to the rear.

Off-road parking and a garage is also provided.

Viewing is by prior arrangement with Pocock & Shaw on (01638) 668284.

Guide price of £179,950 in Newmarket



THIS property in Highclere Close, Newmarket, offers spacious accommodation and a neat lawned garden.

With a guide price of just £179,950, it presents excellent value for money. Accommodation includes an entrance hall, cloakroom, living room, kitchen, separate dining room, first-floor

master bedroom with en suite, three further bedrooms and a bathroom.

The garden is situated to the rear of the house and off-road parking is also provided for two vehicles.

Viewing is by arrangement with Pocock & Shaw on (01638) 668284.



On the market for £595,000 in Cheveley



A DELIGHTFUL Grade II listed cottage is currently available for sale in Cheveley.

Occupying an idyllic, central setting within this sought-after village, the property offers attractive accommodation retaining much of its original charm and character. Downstairs there is a study, living room with exposed beams, dining room,

cloakroom, kitchen/breakfast room and family room, while four bedrooms, a bathroom and two en suites can be found to the first floor.

The property also comes with established gardens, a workshop and parking area.

This property is on the market for £595,000. Contact Cheffins on (01638) 663228.



GAZELEY

An exceptional and beautifully presented country house with delightful views and attractive landscaped gardens extending to approximately 1.39 acres (sts).

Reception Hall, Drawing Room, Dining Room, Kitchen/Family/Garden Room, Utility Room, Cloakroom. Landing, Study, Master Bedroom with Dressing Room and En-Suite Bathroom, Three Further Double Bedrooms and Three Bath/Shower Rooms. Driveway and Parking, Double Garage with Garden Store and Large Landscaped Gardens.

Guide Price £1,200,000



BURWELL

A substantial and beautifully presented contemporary village house with an enclosed garden.

Reception Hall, Sitting Room, Dining Room, Study, Kitchen/Breakfast Room, Utility Room, Cloakroom. Galleried Landing, Master Bedroom with Dressing Room and En-Suite Bathroom, Guest Bedroom with En-Suite Shower Room, Three Further Bedrooms and Family Bathroom. Driveway and Parking, Integral Double Garage and Enclosed Garden.

Guide Price £895,000

Newmarket 01638 662231
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2011



Maddog



UPWARE

A beautifully appointed detached cottage in an attractive edge of village location with a large well stocked garden and useful office/studio.

Entrance Hall, Sitting Room, Drawing Room, Kitchen/Dining Room, Utility Room and Cloakroom. Landing, Master Bedroom with En-Suite Shower Room, Three Further Bedrooms and Family Bathroom. Driveway and Parking, Double Garage, Cart Lodge, Office/Studio and Large Garden.

Guide Price £525,000



Cromwell



FORDHAM

A charming and well presented Grade II Listed house set in a pleasant edge of village location.

Entrance Hall, Sitting Room, Dining Room, Kitchen/Family Room, Study, Utility Room, Bathroom. Landing and Four Bedrooms. Driveway with Ample Parking and Attractive Garden.

Guide Price £380,000



The-



NEWMARKET

A very well presented detached family house set within this highly sought after town location.

Entrance Hall, Sitting Room, Dining Room, Study, Kitchen, Utility Room, Pantry. Five Bedrooms, Bathroom and Shower Room. Driveway and Parking, Detached Double Garage and Private Enclosed Garden.

Guide Price £449,000

Newmarket 01638 662231
newmarket@jackson-stops.co.uk



Kufena



GREAT WRATTING

A superbly presented detached family house in an attractive edge of village location with delightful grounds extending to 0.5 acres in all (sts).

Reception Hall, Sitting Room, Dining Room, Garden Room, Kitchen/Breakfast Room, Utility Room and Shower/Cloakroom. Landing, Four Bedrooms and Family Bathroom. Driveway and Parking, Double Garage and Large Garden.

Guide Price £475,000

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27Hamil



NEWMARKET

An impressive and beautifully presented detached family house in a sought after town location and with an attractive enclosed garden.

Reception Hall, Sitting Room, Family Room, Kitchen/Dining Room, Cloakroom. Landing, Master Bedroom with En-Suite Shower Room, Four Bedrooms and Family Bathroom. Driveway and Parking, Integral Single Garage and Large Garden.

Guide Price £595,000



63.58
ACRES (ST9) OF
WELL KEPT PASTURE

Dar:



WETHERDEN

A superb equestrian property with attractive farmhouse.

17th Century Farmhouse incorporating Reception Hall/Sitting Room, Drawing Room, Dining Room, Kitchen, Cloakroom, Utility/Study, 3 First Floor Bedrooms and Family Bathroom, 2 Further Second Floor Bedrooms. 74 Stables, Indoor Ride, 4½ Furlong Woodchip Gallop, 2 Furlong Canter, Equine Water Treadmill, 15 Nursery Paddocks, Lunge Rings and Horse Walker, All Weather Paddock, Isolation Unit.

Guide Price £2,200,000



IN ALL
ABOUT 4
ACRES (ST9)

Alwalton-



ALWALTON

An impressive and historic country house, dating from the 18th and 19th centuries, set in extensive grounds on the village edge.

About 9,000 sq.ft. 7 Reception Rooms, 9 Bedrooms, 2 Dressing Rooms, 4 Bath/Shower Rooms (2 en suite). Garaging, Stables and Store rooms. Extensive Garden with Swimming Pool and Paddock Land. About 1.65 hectares (4 acres).

Guide Price £1,850,000

Newmarket 01638 662231
newmarket@jackson-stops.co.uk



102
ACRES (ST9)

Great:



GREAT BRADLEY

A well located private thoroughbred stud farm within easy reach of Newmarket.

With a well placed Stud Manager/Groom's House and Owner's Flat, Stud Office and Conference Room. A good range of stud buildings incorporating 34 Boxes in total (including 1 Veterinary Box and 4 Foaling Boxes), Feed Store, Stallion/Covering Yard, Isolation Yard, Horsewalker, Loading Ramp and Weighbridge, 11 Main Paddocks, 6 Nursery/Turnout Paddocks.

Guide Price £1,600,000

www.jackson-stops.co.uk

Residential Sales

Newmarket £235,000



A generously proportioned 3 bedroom semi detached family house of enormous potential with scope for a rear extension and loft conversion should extra space be required.

Located on a popular residential road to the north of Newmarket, the property boasts a superb rear garden, off road parking and garage.

AVAILABLE WITH NO UPWARD CHAIN!



Great Bradley £189,950



A charming 3 bedroom semi detached cottage that has benefited from a programme of refurbishment in recent times, occupying a generous plot with pleasant garden backing onto open countryside.



Newmarket £235,000



Occupying a generous corner plot, a modernised and much improved 3 bedroom semi detached family home.

The property boasts a large south facing rear garden, off road parking and a detached single garage with separate access to the rear. Inside the property has entrance hall, modern fitted kitchen with integrated appliances, dining area, sitting room, first floor bathroom, 3 good size bedrooms.



Newmarket £355,000



A rarely available detached family house located in a much sought after development north of Newmarket town centre.

Newmarket £349,950



A substantial 4 double bedroom family house located in a prime central Newmarket location conveniently positioned for the High Street, Tattersalls & train station.

Newmarket £235,000



A beautiful 3 bedroom bungalow occupying a pleasant position within a much sought after residential development to the north of Newmarket town centre.

Newmarket £179,950



A well presented 4 bedroom end of terrace family home located in a tucked away position within this residential area north of Newmarket.

Newmarket £118,500



A charming 2 bedroom Victorian terrace house set in a non estate location on the south side of Newmarket town.

Newmarket £239,995



A period town house set over 3 floors providing a kitchen/breakfast room, 2 reception rooms, 3 bedrooms, bathroom & en suite.

Red Lodge £269,950



A stylish & cleverly extended 4 bedroom bungalow located within an exclusive development on the outskirts of Red Lodge.

Isleham £129,950



A charming 2 bedroom, cottage style modern house attractively positioned within a small exclusive development on the edge of this popular well served village.

Lettings & Management



Pocock-Shaw-Estate-Agents



@PocockandShawEA

T 01638 668284

E newmarket@pocock.co.uk

Newmarket

£950 pcm



A detached period town house of character comprising of entrance hall, sitting room, dining room, kitchen, utility, cloakroom, 3 bedrooms bathroom & private courtyard garden to rear.

An unusual well proportioned house of character located close to the town centre and many leisure facilities. Available Now



Newmarket

£1,400 pcm



A detached single storey residence providing 3/4 bedroom living accommodation with large gardens & situated in a desirable location south of the town centre.

Red Lodge

£1,850 pcm



A brand new detached 5 bedroom, 4.5 bathroom house providing high quality accommodation over 3 floors, with garage, drive & enclosed garden.

Newmarket

£850 pcm



A spacious and modern 2 bedroom apartment located near to the town centre. The property benefits from secure, electric gated parking and electric heating.

Soham

£625 pcm



A charming semi detached period cottage enjoying views to the front towards the Common. Available now. Unfurnished

Newmarket

£625 pcm



A well presented 2 bedroom mid terraced house located in a residential area offering access into Newmarket town centre as well as the A14 dual carriageway.

Newmarket

£595 pcm



A 2 bedroom cottage with its on garden, situated just to the north of the town centre. Unfurnished.

Newmarket

£795 pcm



A stunning 2nd floor 2 bedroom luxury apartment situated in an excellent position close to the town centre. This apartment enjoys a superb open plan main living/dining/kitchen area with patio doors opening to a balcony, impressive master bedroom with ensuite, 2nd bathroom, off road parking. Available now Unfurnished.



Newmarket

£650 pcm



A superbly presented 2 bedroom first floor flat located on a no-through road offering spacious and modern accommodation.

Newmarket

£550 pcm



A fully furnished, self contained studio flat situated conveniently off Newmarket High Street. Council tax & water rates included in rent. Singles Only. NO PETS

Balmforth

team



Estate Agents, Valuers & Letting Agents
4 Rous Road, Newmarket, Suffolk, CB8 8DL
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*free EPC only with team Conveyancing
**free Conveyancing is subject to terms and conditions
for further information please contact the office

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FREE Premium Listing on Rightmove

FREE Set up Fee**



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normal set up fees apply to ALL tenant find only properties



OPEN DAY 21 JULY 2012

Worlington - Prestigious five bedroom detached house

Prestigious five bedroom detached house set on approx 1/3 acre (STS) in secluded development of five properties. The Aintree extends to over 2800sq ft.

£589,500



FRECKENHAM

Stunning brand new three bedroom semi-detached house

Stunning brand three bedroom semi detached house with exceptional specification due for completion autumn 2012. The property benefits from a central village location and a superb specification to include fitted kitchen with integrated appliances.

£218,500



FULBOURN

Exceptional three bedroom family home

A detached three bedroom family home with shower en-suite leading to master bedroom, open plan lounge -kitchen dining room, parking and garage.

£349,995



NEWMARKET £925 PCM

Three bedroom detached property
This property located in a sought after area, situated within close proximity of the Train Station and Tattersalls.



HERRINGSWELL

This three bedroom loft style apartment is set in the grounds of a rural period property within the village of Herringswell.

The property benefits from spacious lounge/dining area, 8.4 acres of communal grounds and access via private gated driveway with security access and an entry control system.

£990 PCM



HERRINGSWELL £860 PCM

Two bedroom second floor apartment
This is a rare opportunity to take residence in a fine and rural property within its own grounds.



NEWMARKET £860 PCM

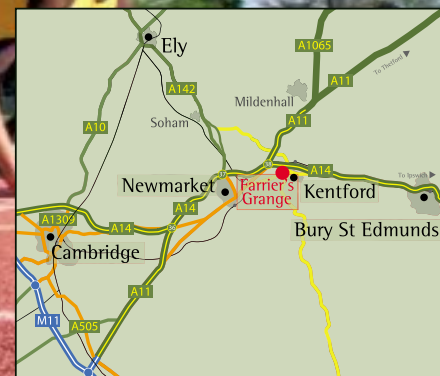
Modern one bedroom apartment.
Benefiting from spacious lounge/dining area and underground secure parking Available 25th July.

FARRIER'S GRANGE

A DEVELOPMENT OF 3, 4 & 5
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NEAR NEWMARKET, SUFFOLK

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home in the country



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5 MILES FROM NEWMARKET

THESE 3 FABULOUS HOMES ARE READY FOR YOU TO MOVE INTO NOW



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PLOT 10 A fantastic 3 bedroom home with
2 reception rooms, offering versatile family
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PRICED FROM £234,950



THE AINTREE

PLOT 3 A spacious 5 bedroom detached
house with lounge, separate dining room,
kitchen/breakfast room and double garage.

PRICED AT £349,950



THE NEWMARKET

PLOT 17 A stunning 5 bedroom detached home
with 3 reception rooms, utility room, 2 en-suites
& double garage. Includes: Fitted carpets,
Fridge Freezer and Dishwasher

PRICED AT £489,950

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Your Homesnow Guide to Moving Home



Moving home can be a complicated business and in the hectic run up to the big day it is all too easy to forget something vital. The Homesnow team offers their readers this handy checklist to help avoid any major pitfalls. We suggest you tick them off as you go....

www.homesnow.co.uk

1 4-2 WEEKS TO GO:

- ☐ **Packing** – start packing and sorting through your belongings. Now is a good time to de-clutter and pack items rarely used. Make sure you have plenty of sturdy boxes, bubble wrap and sticky tape.
- ☐ **Removal companies** – get estimates from removal companies, checking that comprehensive insurance cover is available against damage or loss. Is there a packing and unpacking service? Confirm the date of your move with the firm you have chosen.
- ☐ **Insurance** – check on your home contents insurance policies to ensure that you are covered for the move, and covered at your new address.
- ☐ **Utilities** – make arrangements for your gas and electricity meters (plus water meters where relevant) to be read and all your appliances to be disconnected on the day of your move. Arrange to take over gas and electricity at your new address, and make sure that all appliances will be properly fitted, plumbed or connected.
- ☐ **Telecommunications** – Notify your telephone and broadband provider and ask them to make the necessary arrangements for a final account at your present address, and for taking over or installing telephone and broadband facilities at your new home.
- ☐ **Post** – Look into re-directing your post for a few months to make sure you receive all relevant correspondence.
- ☐ **Children** – Look into the possibility of your children, especially young children, staying with family or friends on the day of the move.
- ☐ **Pets** – Make arrangements for any pets to be booked into a cattery or kennels if required. Having your pets microchipped is a good idea and if already microchipped, have the address changed to your new one. Your vet can advise on this.

2

Change of address – tell companies and organisations that you are moving!

Notify:

- ☐ Employer
- ☐ Inland revenue
- ☐ Local council
- ☐ Banks or Building Societies
- ☐ Credit companies, store cards & other accounts
- ☐ Gas, Electricity and water boards
- ☐ Insurance companies
- ☐ Land / mobile phones
- ☐ Internet and cable / satellite TV providers
- ☐ Doctor, Dentist and Opticians
- ☐ DVLA
- ☐ Veterinary surgery
- ☐ TV Licensing

3 1 WEEK TO GO:

- ☐ **Delivery address** – change delivery address of your Cambridge News, milk, groceries and fuel to your new address as appropriate.
- ☐ **Laundry** – do any last minute laundry that you can – have you arranged for a plumber to disconnect your washing machine correctly?

- ☐ **Kitchen cupboards** – go through your kitchen cupboards and throw out anything not in date. Also check that all jars and bottles are correctly sealed before packing.
- ☐ **Fridges / Freezers** – empty and clean out in preparation for moving. If you are moving a freezer and its contents, turn it up to maximum for a couple of days before you move.
- ☐ **Valuables / documents** – put these in safe place for moving day

4 2-1 DAYS TO GO:

- ☐ **Packing** – pack a bag for overnight essentials and toiletries and finish all remaining packing into boxes. Remember to label which room each box is destined for.
- ☐ **Snack box** – pack a box for the kitchen to include essentials like tea, coffee and sugar, as well as the kettle and mugs! Also include other snacks as necessary.
- ☐ **Dismantle and disconnect** – take down curtains, fixtures and fittings and disconnect white goods ready for transport.
- ☐ **Outdoor items** – make sure that these are stacked together and ready to be moved.
- ☐ **Mobile** – place your mobile on charge the night before moving and ensure that all relevant people have your number.

5 ON MOVING DAY:

AT YOUR OLD ADDRESS:

- ☐ Strip beds and pack bedding and nightclothes.
- ☐ Finish packing toiletries box.
- ☐ Direct removal firm personnel or friends helping you move as to what needs to be done.
- ☐ Turn off electric appliances.
- ☐ Disconnect cooker.
- ☐ Turn off boiler / central heating.
- ☐ Turn off water.
- ☐ Read gas meter.
- ☐ Read electricity meter.
- ☐ Secure all windows.
- ☐ Lock all doors.
- ☐ Make final checks and leave key as arranged with new owners.

AT YOUR NEW HOME:

- ☐ Open up & have a look around the new house.
- ☐ Locate fuse box, gas and electric meter and stop cock for reference.
- ☐ Take readings on gas, electric and water meters as appropriate.
- ☐ Organise the direction of boxes to appropriate rooms.
- ☐ Check the van after all is unloaded.
- ☐ Make the beds up for the evening.
- ☐ Sit down and relax – unpack the other boxes the next day.

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PERSONALITY PAIR-UP

Can you identify these six well-known personalities whose faces have been divided into two? Then, with the help of the three clues, can you pair the personalities into groups of two and also decide what links the members of each pair? Score one point each for identifying who the personalities are, score a further point each for successfully pairing the three couples and a further point each for knowing the reasons why the personalities are linked. The maximum score is therefore 12 points.

A	B	C	D	E	F
1	2	3	4	5	6
CLUE 1		CLUE 2		CLUE 3	
Their 2001 film musical remembered La Bohème		They hardly spoke until the Academy Awards		There are only two of these in every pack	

SIGNWORD

In this crossword the clues are printed in what would normally be the 'black' squares. Follow the signs from each clue to find where the word should fit.

Resound	Rough	Pig	▼	Element	Carrying	▼	Male voice
▶	▼	▼		Rotten	▶		
							Whiter
Lots (colloq.)	▶						
▶				Viper	▶		▼
Wise men		Cushion		Toothed wheel		Playing card	
Particular	▶	▼		▼		▼	
▶				Formerly	▶		
Pasture	Excavator	▶					

MAKE A DATE

In which year did all three of these significant historical events take place?

- Russia and Japan sign a joint neutrality pact.
 - The Grand Coulee Dam on the Columbia River in the state of Washington begins generating electricity.
 - Nazi Party deputy leader Rudolf Hess parachutes into Scotland, supposedly on a peace mission.
- WAS IT? a) 1939; b) 1940; c) 1941; d) 1942; e) 1943.**

.... and in which year did all three of these events take place?

- The US Surgeon General announces that smoking may be hazardous to health.
- The Beatles' record I Want To Hold Your Hand goes to the top of the US charts, marking the start of 'Beatlemania'.
- Radio Caroline begins broadcasting non-stop pop from the MV Fredericia.

WAS IT? a) 1964; b) 1966; c) 1968; d) 1970; e) 1972.

MISSING LINK

Each pair of words has a missing word between them that acts as a link to both (e.g. FRONT – DOOR – MAT). The initial letters of the six answers (reading downwards) will spell out a member of the marrow family.

- | | | |
|-------|-------|----------|
| SOFT | ---- | OPERA |
| COME | ----- | LIME |
| DRUG | ---- | FRIENDLY |
| FRESH | --- | MILES |
| TAIL | ---- | DOCTOR |
| OAST | ----- | WARMING |

COMMON LINK

The answers to the following five questions contain a word or words which have a common theme. Can you find the link?

- What type of crab has a pear-shaped body with long thin edible legs?
- What percussion instrument is struck with a small metal rod?
- What type of compact battleship was the German Navy's Admiral Graf Spee?
- What name is given to a small solid rectangular shape above or below the lines on musical staves?
- What common name is given to the area under a horse's hoof within the frog?

KAKURO

Fill in the blank squares in the grid with numbers so that each horizontal or vertical line adds up to the total given in the box either to the left or above it. Horizontal totals are given in the top right corners of the shaded boxes; vertical totals in the bottom left corners. You can use the numbers 1 to 9, but may not use the same number more than once in any run. The number may be used again, however, in the same row or column but as part of another run.

GENTLE

				13	3				
				4					
			13				28		
		3	24	15					7
11						10			
11				29		15			
		5		7		10			
		23			17				
			12						

CHALLENGING

		30	42	8	6				
		15							
	11						11	25	
28									
29						12			
16					22				
			18		21				
	9	4							
33									
10									

CON TRICK

P		S	S		G		S		P	D	
	P						H			K	D
	P		D		T	H		T		P	
			L		H		L		S		S
F	R		W		L	L		T		N	
	R		S		R		S	W		R	D
L		G		R							H
T		S	S		S		S	C	R		P
	B	T			W		K		N		D
D		T			L		V		M		N
	Y		G		V					T	C
S		V		R		G		N			
	D		S		S	T			D		L

In this crossword we have removed all the vowels and just left the consonants. Can you fill in the gaps, using only the five vowels (A, E, I, O, U) to complete the grid?

Giant Double Crossword

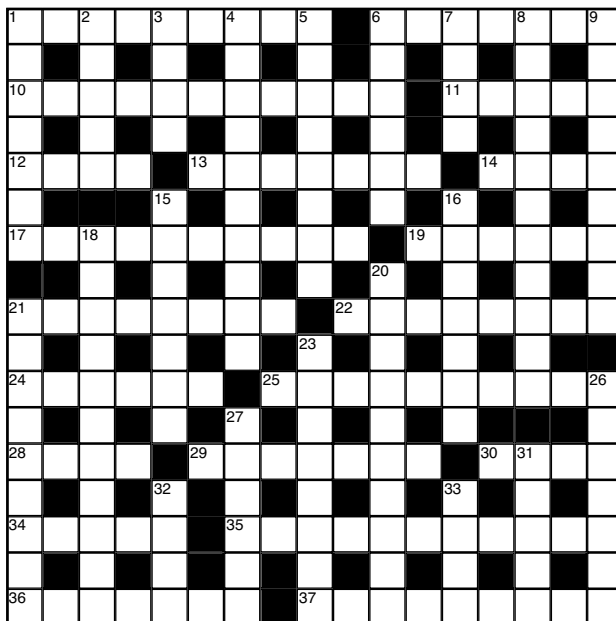
CRYPTIC CLUES

ACROSS

- Rover would be off-colour with it (9)
- It's a type of selling up to a point? (7)
- Visitors find them absorbing (5,6)
- Bird takes in one country youth (5)
- What one might exclaim when nothing works (4)
- Quietly tell the priest (7)
- Long hollow body of unending potato (4)
- Fined guard misleadingly deceiving (10)
- Rope in new English dramatist (6)
- Everybody you, say, call fascinating (8)
- Footwear designed for walking on ice? (8)
- Drinking associate (6)
- Snap gauge on instrument measuring luminous intensity (10)
- Hairstyle for a change (4)
- Thomas, idiot and buffoon (7)
- Avoid Oliver holding the hero (4)
- Unbaked flour produced with same cry of disgust (5)
- In favour of a place to solicit (11)
- A Greek character, the first lady to perform successfully (7)
- Yes, draper changed colour! (9)

DOWN

- Pursue with club to find the tree (7)
- Very much inclined (5)
- Artist found in pretty picture (4)
- Sticking out of the ground, trip over (10)
- After religious instruction upset single wine (8)
- Put in vegetable for old Spanish settler (6)
- Run to American hospital – hurry! (4)
- Dance intended, one hears, to be of some length (11)
- Risky rendition of a rude song (9)
- Coupling arranged in the Commons (7)
- Bearing shoe that may be cause of inflation (3-4)
- & 23 Down. Be extremely surprised when trapdoor is opened? (4,7,3,5)
- Greedy lot sung out discordantly (10)
- Crews footballers have a palace in north London (9)
- See 18 Down
- Made a new ruling – long narrow mark in red (7)
- Pair found learner driver in the car (6)
- Fresh flower? (5)
- Surprised expression about hard butter (4)
- Seaside projection? (4)



QUICK CLUES

ACROSS

- Pouch on a bicycle (9)
- Relating to the Roman god of wine (7)
- Wary (11)
- More chaste (5)
- Take cargo aboard (4)
- Brutal (7)
- Hebrew prophet (4)
- Elasticated holder (6,4)
- Instrument panel (6)
- South-western county (8)
- Meaningless nonsense (8)
- EU country (6)
- Large sailing vessel (10)
- Gather (4)
- Cricketer (7)
- Omit (4)
- Stretch forth (5)
- Averse (11)
- Rock garden (7)
- Inactive (9)

DOWN

- Worldly (7)
- Challenged (5)
- Noisy (4)
- Team game (10)
- Conjecturing (8)
- Tablet (anag.) (6)
- Mimic (4)
- Reckless, scatty (5-6)
- Cheat at game (4-5)
- Shetland town (7)
- Prince -----, novel by C.S. Lewis (7)
- Red tape (11)
- Attacked with heavy stick (10)
- Self-service restaurant (9)
- Action of kidney machine (8)
- Quickly (7)
- Sagacity (6)
- East African country (5)
- Hence (4)
- Tribe (4)

WORDSEARCH

Can you find the ten types of bread and pastry hidden in this wordsearch? The answers can be found running backwards or forwards, horizontal, vertical or diagonal.

- BREADSTICK
- CIABATTA
- CORNBREAD
- CROISSANT
- FOCACCIA
- GRANARY
- PANETTONE
- PRETZEL
- TORTILLA
- WHOLEMEAL

L A E M E L O H W D E X
K I H S A T T A B A I C
B L A M P R E C K E O H
S R T N A S S I O R C P
A F E N I F F U M B A T
I J O A B U L A D N G O
C T R U D A E G E R Y R
C K E W T S Z T N O H T
A L L O R I T A L C A I
C E A Q U O E I Z E N L
O G R A N A R Y C O B L
F A V E B A P D I K U A

TRAINS OF THOUGHT

What words link the following definitions?

— — — A —

- a small group;
- a plot;
- a group of Charles II's counsellors.

— A —

- a flatfish;
- an expert;
- a gentle touch;
- to dress the face of stone.

TRANSFORMERS

Add the letters of the first word to make a new word with the additional letter(s) provided.

Clue: Having enough strength to produce a rope.

Clue: Make an art movement from a girl.

— — — + C
= C — — —

— — — + D
= D — — —

ALL THE ANSWERS

2. Ada + D = Dada.
1. Able + C = Cable.
Transformers
2. Dab.
1. Cabal.
Trains of Thought
Wildom; 31 Kenya; 32 Thus; 33 Cilan.
Caterpillar; 23 Daisies; 26 Rapidly; 27
Bureaucracy; 20 Bludgeoned; 21
sharp; 15 Lemwick; 16 Caspian; 18
Copy; 8 Harum-scarum; 9 Card-
Baskerville; 5 Guessing; 6 Battle; 7
Down – 1 Secular; 2 Dared; 3 Loud; 4
Alysum; 37 Sederday.
Skip; 34 Reach; 35 Disinclined; 36
Windhammer; 28 Truck; 29 Fielder; 30
25 Claptrap; 24 France; 25
Rubber band; 19 Fascia; 21 Cornwall;
12 Lade; 13 Beasty; 14 Amos; 17
Bachic; 10 Circumspect; 11 Purer;
Quick; Across – 1 Saddledbag; 6
Ghee; 33 Pier.
Reined; 27 Couple; 31 Daisy; 32
Alexandra; 23 See 18 Down; 26
through the floor; 20 Cluttered; 21
15 Pairing; 16 Air-pump; 18 & 23 Fall
Rush; 8 Measurement; 9 Dangerous;
4 Protruding; 5 Riesling; 6 Peseta; 7
Down – 1 Dogwood; 2 Steep; 3 Eddy;
37 Respected.
Dough; 35 Proposition; 36 Achive;
28 Afro; 29 Tomato; 30 Idiot; 34
Slippers; 24 Eating; 25 Photometer;
Defrauding; 19 Pinero; 21 Alluring; 22
13 Cops; 13 Prelate; 14 Tube; 17
Pyramid; 10 Guest to leave; 11 Swain;
Cryptic: Across – 1 Distemper; 6
Giant Double Crossword
Terms used in snooker and billiards.
Common Link
1 Spider crab; 2 Triangle; 3 Pocket
battleship; 4 Rest (mimic or
semibreve); 5 Cushion. Common link:
Common Link

aisle; spire; pulpit; transept; chapel.
soap; quick; user; air; spin; house.
Marrow; squash.
Missing Link
1. The year was 1964.
2. Dab.
1. Cabal.
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semibreve); 5 Cushion. Common link:
Common Link

Digital, Satellite, Cable

Movies

SKY PREMIERE

- 8.00pm** **Real Steel.** (2011) A washed-up former boxer and his son restore a robot to compete in championship bouts between fighting machines. Sci-fi drama, starring Hugh Jackman.
- 10.10** **The Change-Up.** (2011) Comedy, with Jason Bateman and Ryan Reynolds.

SKY ACTION & ADVENTURE

- 7.00pm** **Flight of the Phoenix.** (2004) A plane crashes in the desert and the survivors plan to return to civilisation by building a new aircraft from the wreckage. Adventure, starring Dennis Quaid and Tyrese Gibson.
- 9.00pm** **Green Lantern.** (2011) A pilot joins a galactic peacekeeping force with incredible powers and defends Earth from an alien attack. Sci-fi adventure, starring Ryan Reynolds.

SKY CLASSICS

- 9.00pm** **Play Misty for Me.** (1971) A DJ revives his relationship with an old flame, driving an obsessive fan mad with jealousy. Psychological thriller, starring Clint Eastwood.



Flight of the Phoenix, Sky Action & Adventure, 7pm

- 10.45** **Beyond the Valley of the Dolls.** (1970) Three female rock musicians set out to make it big in Hollywood, no matter what the cost. Comedy, directed by Russ Meyer and starring Dolly Read and Cynthia Myers.

SKY COMEDY

- 8.00pm** **Just Go With It.** (2011) A man pretends to be going through a divorce and persuades his assistant to pose as his soon-to-be-ex-wife. Romantic comedy, starring Adam Sandler and Jennifer Aniston.

- 10.00** **Arthur.** (2011) An irresponsible billionaire risks losing his inheritance when he falls in love with a penniless aspiring writer. Comedy remake, directed by Russ Meyer and starring Dolly Read and Cynthia Myers.

SKY DRAMA & ROMANCE

- 8.00pm** **Sweet Home Alabama.** (2002) A New York fashion designer returns to her home town to finalise her divorce, but still has feelings for her estranged husband. Comedy, starring Reese Witherspoon and Josh Lucas.

- 10.00** **No Strings Attached.** (2011) Two old friends try to have a purely sexual relationship, but find themselves falling in love nonetheless. Romantic comedy, starring Natalie Portman and Ashton Kutcher.

SKY FAMILY

- 8.00pm** **Pirates of the Caribbean: On Stranger Tides.** (2011) Captain Jack Sparrow's search for the fountain of youth leads to a battle with the dreaded pirate Blackbeard. Fantasy adventure sequel, with Johnny Depp.
- 10.20** **Alice in Wonderland.** (2010) Fantasy adventure, with Mia Wasikowska and Johnny Depp.

SKY INDIE

- 7.30pm** **The Tree of Life.** (2011) A boy grows to adulthood and comes to question his relationship with his father and his place in the modern world. Terrence Malick's drama, with Brad Pitt and Sean Penn.
- 10.00** **We Need to Talk About Kevin.** (2011) Drama, starring Tilda Swinton and John C. Reilly.

SKY MODERN GREATS

- 8.00pm** **Rush Hour.** (1998) Comedy adventure, starring Jackie Chan and Chris Tucker.

- 10.00** **Pulp Fiction.** (1994) Quentin Tarantino's crime drama, starring John Travolta, Samuel L. Jackson, Uma Thurman and Bruce Willis.

SKY SCI-FI/HORROR

- 8.00pm** **Super 8.** (2011) A group of children witnesses a train crash and discovers an alien creature has escaped from the wreckage. Sci-fi thriller, starring Joel Courtney and Elle Fanning.
- 10.00** **Fright Night.** (2011) Comedy horror remake, with Anton Yelchin.

FILM4

- 11.00am** **The Master of Ballantrae.** (1953) **1.00pm** **The Princess Diaries.** (2001) **3.15** **Carry On Spying.** (1964) **5.00** **The Mistress of Spices.** (2005) **6.55** **Footloose.** (1984) **9.00** **The Happening.** (2008) Horror, starring Mark Wahlberg. **10.45** **Aliens.** (1986) Sci-fi thriller sequel, starring Sigourney Weaver. **1.50am** **The Fly.** (1986) **3.50** **Close.**

TCM

- 7.40am** **Guns of the West.** (1955) **8.45** **The High Chaparral.** **9.50** **Pork Chop Hill.** (1959) **11.40** **Star!** (1968) **3.00am** **Around the World in 80 Days.** (1956) **5.35** **The Oklahoman.** (1957) **7.00** **Gremlins 2: The New Batch.** (1990) **9.00** **True Lies.** (1994) Action comedy, starring Arnold Schwarzenegger. **11.40** **Return of the Living Dead Part II.** (1987) **1.20am** **Who's That Girl?** (1987) **2.50** **Teleshopping.** **5.00** **Star!** (1968)

Radio

BBC RADIO 2

(FM: 88-90.2MHz)
6.00am Anneka Rice. **8.00** Sounds of the 60s. **10.00** The Jon Holmes Situation. **1.00pm** Pick of the Pops. **3.00** Dermot O'Leary. **6.00** Liza Tarbuck. **8.00** Paul Gambaccini with America's Greatest Hits. Tracks from the past six decades. **10.00** Dave Pearce: Dance Years. With Mark Moore of S'Express. **12.00am** Bob Harris Sunday. **3.00** Richard Allinson.

BBC RADIO 3

(FM: 90.2-92.4MHz)
7.00am Breakfast. **9.00** News; Summer CD Review. **12.15pm** The Hands of the Composer; News. **1.00** The Early Music Show. **2.00** BBC Proms Chamber Music. **3.00** BBC Proms Saturday Matinee. **4.30** New Generation Artists. **5.00** Jazz Record Requests. **6.00** Words and Music. **7.30** BBC Proms 2012. Beethoven and Pierre Boulez. **10.00** Between the Bars. **10.30** Hear and Now. The BBC Singers in new choral works by Judith Bingham, Hugh Wood and Laura Supponen. **12.00am** Geoffrey Smith's Jazz. **1.00** Through the Night.

BBC RADIO 4

(FM: 92.4-94.6MHz, LW: 198kHz)
6.00am News and Papers. **6.07** Open Country. **6.30** Farming Today. This Week. **6.57** Weather. **7.00** Today. **9.00** Saturday Live. **10.30** SSSHHH! (The Best-Read Office in the World). **10.55** (LW) Test Match Special. **11.00** (FM) The Week in Westminster. **11.30** (FM) From Our Own Correspondent. **12.00pm** (FM) News. **12.01** (LW) Shipping Forecast. **12.04** (FM) Test Match Special. **12.04** (FM) Money Box. **12.30** (FM) The Now Show. **12.57** (FM) Weather. **1.00** (FM) News. **1.10** (FM) Any Questions? **2.00** (FM) Any Answers? **2.30** (FM) News. Saturday Drama: From Russia with Love. **4.00** (FM) Weekend Woman's Hour. **5.00** (FM) Saturday PM. **5.30** (FM) iPM. **5.54** Shipping Forecast. **5.57** (LW) Test Match Special. **5.57** (FM) Weather. **6.00** Six O'Clock News. **6.15** Loose Ends. **7.00** From Fact to Fiction. Kate Clancy prepares a fictional response to the week's news. Last in the series. **7.15** Saturday Review. A discussion of Christopher Nolan's final Batman film The Dark Knight Rises. **8.00** Archive on 4: The Paperback Poets. The 50th anniversary of the Penguin Modern Poets series. **9.00** Classic Serial: The Graduate. Part one of two. By Charles Webb. **10.00** News and Weather. **10.15** The Moral Maze. **11.00** Counterpoint. The final. Last in the series. **11.30** Poems from the Pennines. **12.00am** News and Weather. **12.30** In-Flight Entertainment. **12.48** Shipping Forecast. **1.00** World Service. **5.20** Shipping Forecast. **5.30** News Briefing. **5.43** Bells on Sunday. **5.45** Four Thought.

BBC RADIO

CAMBRIDGESHIRE

(AM: 1026kHz, FM: 96MHz)
6.00am Jane Smith. **9.00** Gilliam Gold. **12.00pm** Nick Carter. **2.00** Sport. **6.00** Rock 'n' Roll Heaven. **8.00** Richard Spendlove. Call 08453 050007. **11.00** Paul Barnes. **1.00am** As Radio 5 Live. **BBC RADIO 1** (FM: 97.8-99.8MHz) **BBC FIVE LIVE** (AM: 693kHz, 909kHz) **HEART** (FM: 103/97.4MHz) **STAR 107** (FM: 107.1MHz, 107.9MHz) **CLASSIC FM** (FM: 100-102MHz) **CAMBRIDGE 105** (FM: 105MHz) **TALKSPORT** (AM: 1053kHz, 1089kHz, 1107kHz)

Satellite

SKY1

- 6.00am** Guinness World Records Smashed!† **7.00** Must Be the Music.† **8.15** Must Be the Music – Meet the Semi-Finalists.† **9.00** WWE Superstars.† **9.00** Terry Pratchett's Going Postal.† **12.00pm** Futurama: Welcome to the World of Tomorrow. **12.15** FILM: George and the Dragon.† (2004) Family fantasy adventure, with James Purefoy. **2.00** Inside Gatwick.† **3.00** Cops TV. **4.00** Futurama. **4.30** Futurama. **5.00** The Middle.† **5.30** The Middle.† **6.00** The Middle.† **6.30** The Middle.† **7.00** Terra Nova.† **8.00** Road Wars. **9.00** FILM: Independence Day.† (1996) Sci-fi adventure, starring Will Smith. **11.45** Stella. **12.45am** Ross Kemp on Gangs.† **1.45** Brit Cops. Frontline Crime UK. **2.40** Night Cops.† **3.30** Border Invasion USA.† **4.20** Hello Goodbye.† **5.10** Liza and Huey's Pet Nation.†

GOLD

- 6.00am** The Brittas Empire. **6.30** Sykes. **7.00** The Brittas Empire. **7.40** Some Mothers Do 'Ave 'Em. **8.40** Only Fools and Horses Top 40 Moments. **10.40** Last of the Summer Wine. **11.20** Last of the Summer Wine. **12.40pm** Heroes of Comedy. **2.20** Some Mothers Do 'Ave 'Em. **3.20** Only Fools and Horses Top 40 Moments. **5.20** Last of the Summer Wine. **6.00** Last of the Summer Wine. **7.20** Heroes of Comedy. **9.00** Men Behaving Badly. **10.00** Porridge. **10.40** Harry Enfield and His Hilarious Chums. **11.30** Frankie Howard: Rather You Than Me. **12.45am** Men Behaving Badly. **1.35** Porridge. **2.05** Harry Enfield and His Hilarious Chums. **2.45** Cr'ption Villas. **3.00** Close.

SKY LIVING

- 6.00am** Passport Patrol. **6.30** Passport Patrol. **7.00** Maury. **8.00** Ghost Whisperer.† **9.00** Grey's Anatomy.† **10.00** Fat Families: Second Helpings.† **11.00** The Biggest Loser USA. **12.00pm** The Biggest Loser USA. **1.00** Half Ton Teen.† **2.00** Superize Kids: Under the Knife. **3.00** Four Weddings US.† **4.00** Britain & Ireland's Next Top Model.† **5.00** Nothing to Declare. **5.30** Nothing to Declare. **6.00** Nothing to Declare. **6.30** Nothing to Declare. **7.00** Hot in Cleveland.† **7.30** Hot in Cleveland.†

Sport

SKY SPORTS 1

- 6.00am** Soccer AM: The Best Bits. **7.00** Test Cricket.† **9.00** Cricket AM.† **10.30** Live Test Cricket.† England v South Africa. **7.00pm** Live Darts.† The World Matchplay. **11.00** Test Cricket.† England v South Africa. **1.00am** Darts.† **5.00** Sailing.† **5.30** Powerboating.†

SKY SPORTS 2

- 6.00am** Aerobics Oz Style. **6.30** Trans World Sport. **7.30** Ringside.† **8.30** Live Super Rugby.† **10.30** Premier League Years. **12.30pm** Ringside.† **1.30** Sailing.† **2.00** Live Royal International Horse Show.† Coverage of day five of the prestigious meeting in Hickstead.

NAT GEOGRAPHIC

- 6.00am** Close. **8.00** Tornado Destruction: Caught on Camera.† **9.00** Nevada Mystery Quakes.† **10.00** Ancient X-Files.† **11.00** Bible's Buried Secrets.† **12.00pm** Bible's Buried Secrets.† **1.00** The Truth Behind.† **2.00** The Truth Behind.† **3.00** The Truth Behind.† **4.00** The Truth Behind.† **5.00** Nazi Secrets.† **6.00** Banged Up Abroad.† **7.00** Banged Up Abroad.† **8.00** Dark Secrets of the Lustrina.† Scientists explore four potential theories surrounding the ship's sinking. **10.00** American Transgender.† **11.00** American Weed.† **12.00am** Hitler's War on America.† **1.00** Nazi Secrets.† **2.00** Teleshopping. **3.00** The Truth Behind.† **3.45** Nazi Secrets.† **4.30** Banged Up Abroad.† **5.15** Banged Up Abroad.†

DISCOVERY

- 6.00am** Discovery Atlas: Australia Revealed. **7.00** How Do They Do It?† **7.30** How It's Made. **8.00** Mythbusters.† **9.00** Mythbusters.† **10.00** Mythbusters.† **11.00** Mythbusters.† **12.00pm** Bear Grylls: Born Survivor.† **1.00** Bear Grylls: Born Survivor.† **2.00** Bear Grylls: Born Survivor.† **3.00** Bear Grylls: Born Survivor.† **4.00** How Do They Do It?† **4.30** How Do They Do It?† **5.00** How It's Made.† **5.30** How It's Made.† **6.00** Auction Hunters.† **6.30** Auction Hunters.† **7.00** Bear Grylls: Born Survivor.† **8.00** Wheeler Dealers.† **9.00** 1983: The Brink of Apocalypse. **11.00** Sons of Guns.† **12.00am** Wheeler Dealers.† **1.00** 1983: The Brink of Apocalypse. **3.00** Mythbusters.† **3.50** Mythbusters.† **4.40** Mythbusters.† **5.30** Destroyed in Seconds.

† Indicates a programme is available in High Definition

- 6.00** Premier League Years. Classic games, infamous blunders and moments of skill from the 2011/12 season. **8.00** Test Cricket.† **10.00** Premier League Years. **12.00am** Royal International Horse Show.† **2.00** Time of Our Lives. **3.00** Test Cricket.† **5.00** Road to London. **5.30** Aerobics Oz Style.

SKY SPORTS 3

- 6.00am** Sports Unlimited. **7.00** Sailing.† **7.30** Super League.† **9.30** Powerboating.† **10.00** WWE: Smackdown.† **12.00pm** WWE: Bottom Line.† **1.00** Max Power.† **2.00** Premier League Years. **4.00** Soccer AM: The Best Bits. **5.00** WWE: Smackdown.† **7.00** WWE: Bottom Line.† **8.00** Live PGA Tour Golf.† The True South Classic. **11.00** Super Rugby.† **1.00am** PGA Tour Golf.† **4.00** Max Power.† **5.00** Sports Unlimited.

Freeview

BBC THREE

- 7.00pm** The Real Hustle: New Recruits. **7.30** Top Gear. **8.30** FILM: Shrek. (2001) 9.55 Russell Howard's Good News. **10.25** Live at the Electric. **10.55** Family Guy. **11.15** Family Guy. **11.40** American Dad! **12.00am** American Dad! **12.25** Olympics' Most Amazing Moments – Part Two. **1.20** Russell Howard's Good News. **1.50** Live at the Electric. **2.20** Is Football Racist? **3.20** Can Anyone Beat Bolt? **4.15** British Olympic Dreams. **4.45** British Olympic Dreams. **5.15** Close.

BBC FOUR

- 7.00pm** The Blue Planet. **8.00** BBC Proms 2012. **10.10** FILM: Ajami. (2009) Premiere. Drama, starring Fouad Habash and Nisrine Rihan. **12.10am** Top of the Pops: 1977. **12.40** Top of the Pops: The Story of 1977. **1.40** Live Special Olympics. **2.40** The Blue Planet. **3.40** Close.

E4

- 6.00am** Switched. **6.25** Heartland. **7.10** Live Unexpected.† **8.05** Gok's Clothes Roadshow.† **9.10** Supernanny US. **10.05** Jo Frost: Extreme Parental Guidance.† **11.05** Gok's Clothes Roadshow.† **12.10pm** Supernanny US. **1.10** How I Met Your Mother.† **1.40** How I Met Your Mother.† **2.10** Scrubs. **2.40** Scrubs. **3.10** Desperate Housewives.† **4.05** Revenge.† **5.05** How I Met Your Mother.† **5.35** How I Met Your Mother.† **6.05** The Big Bang Theory.† **6.35** The Big Bang Theory.† **7.05** The Big Bang Theory.† **7.30** Rules of Engagement.† **8.00** Rules of Engagement.† **8.30** Suburgatory.† **9.00** Darren Brown: Evolving of Wonders. **10.40** The Big Bang Theory.† **11.10** The Big Bang Theory.† **11.35** The Midnight Beast.† **12.10am** The Ricky Gervais Show.† **12.45** The Cleveland Show.† **1.10** Napoleon Dynamite.† **1.30** My Name Is Earl.† **1.55** King of the Hill. **2.15** King of the Hill. **2.35** Switched. **3.00** Switched. **3.20** Hollywoods.

MORE4

- 8.55am** Time Team. **10.00** Time Team. **11.05** Time Team. **12.10pm** Time Team. **1.15** FILM: Terms of Endearment. (1983) Drama, starring Shirley MacLaine and Jack Nicholson. **3.50** Quick Bakes with Eric Lanlard.

EUROSPORT

- 7.30am** The Box. **7.45** Cycling: Tour de France.† **8.45** WTA Tennis. **10.30** Triathlon. **11.30** Cycling: Tour de France.† **12.30pm** Live Cycling: Tour de France.† Stage 19 from Bonneval to Chartres. **5.15** Cycling. **5.45** Cycling. **6.15** Photo Finish. **6.30** Live Auto GP: Race one from Curitiba, Brazil. **7.30** World Superbikes. **8.00** Live World Touring Car Championship. Qualifying from Curitiba in Brazil. **8.45** Show Jumping. **10.00** Intercontinental Rally Challenge. **10.30** Live WTA Tennis.† The Mercury Insurance Open semi-finals. **11.45** Cycling: Tour de France.† **12.45am** Close.

ESPN

- 7.30am** Golf. The Open. **8.30** Press Pass 2012. Football-related debate. **9.00** Manchester City v Besiktas.

- 4.10** Kirstie's Handmade Britain. **5.15** Location, Location, Location. **5.50** Location, Location, Location. **6.55** Location, Location, Location. **8.00** Superize vs Superskinny. **9.00** Embarrassing Bodies. **10.05** FILM: The Talented Mr Ripley. (1999) Anthony Minghella's thriller, with Matt Damon. **12.50am** Superize vs Superskinny. **1.50** Embarrassing Bodies. **2.55** Confession of a Cannibal. **Convict.** **4.10** Close.

ITV2

- 6.00am** JLS: The Hot Desk. **6.10** Coronation Street.† **9.10** Emmerdale.† **12.30pm** Take Me Out.† **1.40** The Planet's Funniest Animals. **2.10** America's Got Talent.† **4.00** America's Got Talent.† **4.50** FILM: Free Willy 3: The Rescue.† (1997) Family adventure, with Jason James Richter and August Schellenberg. Including FYI Daily. **6.45** FILM: The Mummy.† (1999) Action adventure, starring Brendan Fraser and Arnold Voslo. Including FYI Daily. **9.00** FILM: Casino Royale.† (2006) Spy thriller, starring Daniel Craig. Eva Green and Mads Mikkelsen. Including FYI Daily. **12.00am** Celebrity Juice.† **12.45** FILM: Batman Returns.† (1992) Comic-book adventure sequel, with Michael Keaton, Danny DeVito and Michelle Pfeiffer. Including FYI Daily. **3.00** Teleshopping.

ITV3

- 6.00am** Drama Trails. **6.10** World Kitchen. **6.35** The Agatha Christie Hour. **7.45** Upstairs, Downstairs. **8.55** Summer Holiday. (1963) Musical comedy, with Cliff Richard, Laurie Peters and Una Stubbs. Including FYI Daily. **12.15pm** Inspector Morse.† **2.30** Agatha Christie's Poirot.† **3.35** Sherlock Holmes: The Sign of Four.† **5.05** Agatha Christie's Marple.† **8.00** Doc Martin. **9.00** Lewis.† **11.00** FILM: Mystic River.† (2003) Clint Eastwood's Oscar-winning drama, starring Sean Penn, Tim Robbins and Kevin Bacon. Including FYI Daily. **1.35am** Terry and June. **2.05** ITV3 Nightscreen.† **2.30** Teleshopping.

ITV4

- 6.00am** Greatest FA Cup Finals. **6.10** The Professionals. **7.05** Tommy Cooper. **7.30** Tommy Cooper. **8.00** Quantum Leap.† **9.00** World's Wildest Police Videos. **9.55** Police, Camera, Action! **10.00** Motorsport UK.† **11.20** DTM German Touring Car Series Highlights.† **11.55** The Professionals.

- 10.30** Live Australian Rules Football. Western Bulldogs v Carlton Blues (Throw-in 10.40am). **1.30pm** Press Pass 2012. **2.00** Live ATP Tennis. The first semi-final of the Suisse Open. **4.00** Live ATP Tennis. All the action from the second semi-final of the Suisse Open at the Credit Agricole Arena in Gstaad, Switzerland. **6.00** Press Pass 2012. **6.30** Live Football. Newcastle United v Fenerbahce (Kick-off 6.30pm). **8.30** ESPN Kicks: MLS. Action from America. **9.00** Live Football. Toronto FC v Liverpool (Kick-off 9.00pm). All the action from the Rogers Centre, where the Reds play their opening pre-season fixture. **11.00** Golf. **12.00am** Live ATP Tennis. The second semi-final of the Atlanta Open. **2.00** FIBA Basketball. The latest highlights from the FIBA. **2.30** MMA Live. Mixed martial arts magazine. **3.00** Live UFC 149: Faber v Barao.† Unifaj Faber v Renan Barao.



BBC Proms 2012, BBC Four, 8pm

- 1.00pm** Cycling: Tour de France Highlights.† **2.00** Live Cycling: Tour de France.† Stage 19 from Bonneval to Chartres. **5.00** Goodwood Festival of Speed. **6.00** Top Football Games That Shook the World. **7.00** Cycling: Tour de France Highlights.† **8.00** FILM: Space Cowboys.† (2000) Adventure, directed by and starring Clint Eastwood. With Tommy Lee Jones. Including FYI Daily. **10.30** FILM: Training Day.† (2001) Thriller, starring Denzel Washington and Ethan Hawke. Including FYI Daily. **12.55am** World's Wildest Police Videos. **1.50** The Big Match Revisited. **2.50** ITV4 Nightscreen.† **3.00** Teleshopping.

5USA

- 6.00am** Teleshopping. **12.00pm** Whose Line is It Anyway? **12.30** CSI: Crime Scene Investigation. **1.25** NCIS. **2.20** NCIS. **3.20** FILM: Man from God's Country. (1958) Western, starring George Montgomery and Frank Wilcox. **4.50** FILM: Carson City. (1936) Western, starring Randolph Scott and Lucille Norman. **6.30** FILM: Capricorn One. (1977) A journalist learns a manned mission to Mars was a hoax and that the astronauts involved are being hunted by government agents. Thriller, starring Elliott Gould. **9.00** FILM: The Transporter. (2002) An underworld courier ends up in a battle of wits with his powerful employers when he lets his conscience get the better of him. Action adventure, with Jason Statham and Shi Qi. **10.55** True Justice. **11.55** CSI: Miami. **12.50am** Inside Hollywood. **1.00** SuperCasino.

5*

- 6.00am** Teleshopping. **1.00pm** Home and Away. **3.20** Big Brother: The Eviction. **4.15**

SUNDAY July 22

BBC1

- 6.00am Breakfast.** (C) 100822
9.00 The Andrew Marr Show. (C) 33844
10.00 Sunday Morning Live. Topical debate covering religious, moral and ethical issues. (C) 53700
11.00 Country Tracks; (R) (C) Weather for the Week Ahead. (C) 46464
12.00pm BBC News. (C) 4146377
12.05 Bargain Hunt. Two teams of bargain hunters visit the Norfolk Showground. (R) (C) 4531613
12.35 Live Golf: The Open Championship. Concluding coverage of the final day's play at Royal Lytham & St Annes Golf Club. (C) 90419700
7.00 BBC News: Regional News; Weather. (C) 138919
7.15 Countryfile. Matt Baker and Julia Bradbury visit Shropshire, where for generations the landscape has inspired people to live a healthier life. They learn about William Penny Brookes, the Victorian doctor whose Wenlock Olympian Games inspired the modern Olympics, and tell the story of children's author Malcolm Saville, who encouraged his readers to seek adventure in the local countryside. Adam Henson visits a Lancashire farm where the dairy cows milk themselves. Including Weather for the Week Ahead. (C) 726754
8.10 Casualty. Part two of two. The disturbance at the vigil for Wesley Joyce has descended into a full-scale riot, with Scarlett swept up in the excitement of the moment – and when she finds herself in a face-off with the police, she is unsure which way to turn. Meanwhile, Dixie and Jeff are sent out to pick up Yvonne, only to realise she is critically injured and needs immediate attention – so when Jordan arrives at the scene he is forced to put his feelings in check to perform life-saving surgery on his girlfriend, with whom he was arguing just hours earlier. Last in the series. (C) 261759
9.00 Wallander. See *Pick Of The Day*. (C) 3629
10.30 BBC News; Regional News; Weather. (C) 509071
10.55 John Bishop's Britain. The comedian tackles the subject of friends through a mixture of stand-up, sketches and stories from the British public and celebrities. Among the subjects he explores are bonds formed in childhood, internet acquaintances and the meanings of nicknames. Contributors include Reggie Yates and Craig Revel Horwood. (C) 523342
11.40 Formula 1: German Grand Prix Highlights. Lee McKenzie presents action from the 10th round of the season, which was staged at the Hockenheimring for the first time since 2010. Fernando Alonso entered this race as the leader of the drivers' championship despite finishing second behind Mark Webber at the British Grand Prix last time out, a result that kept Webber second in the overall standings, 13 points behind the Spaniard. With commentary by Ben Edwards and David Coulthard, and analysis by Eddie Jordan. (R) (C) 798464
1.10am Weatherview. (C) 8077217
1.15 Sign Zone: Faster, Higher, Stronger. Tales of triumph in gymnastics, featuring the stories of athletes including the USSR's Olga Korbut and Romania's Nadia Comaneci, the first to score a perfect 10 in an Olympics. (R) (C) 819507
2.15 Sign Zone: Holby City. Ollie's treatment of Tara leads to an argument. (R) (C) 800859
3.15 Sign Zone: Britain's Lost Routes with Griff Rhys Jones. (R) (C) 899743
4.15 BBC News. (C) 556584



Pick of the day

Dancing on Ice Goes Gold

ITV1, 8pm
 Phillip Schofield and Christine Bleakley present a one-off special in which Olympic medallists hope to demonstrate their ice-skating skills. Robin Cousins, Katarina Witt and Louie Spence reunite to deliver their verdicts on the routines as Colin Jackson, pictured, Olga Korbut, Tessa Sanderson, Pippa Wilson, Jamie Baulch, Steve Williams and Gail Emms take to the rink with professional partners.

Wallander

BBC1, 9pm
 Anna Westin, a troubled childhood friend of Wallander's daughter, visits his house late at night begging for his help – but disappears soon afterwards. Meanwhile, an elderly woman's burned body is found in a shallow grave, and when the detective discovers a connection between Anna and the murder victim, he fears she could be the next target of a dangerous religious fanatic. Guest starring Lindsay Duncan. Last in the series.

BBC2

- 6.00am CBeebies: The Pingu Show.** (R) 2915919 **6.10 Zigby.** (R) (C) 4351613 **6.25 Timmy Time.** (R) (C) 2927754 **6.35 Dirtgirlworld.** (R) (C) 3004613 **6.45 Rastamouse.** (R) (C) 3197377 **7.00 CBBC: Barney's Barrier Reef.** (R) (C) 49551 **7.30 Scoop.** (R) (C) 3247358 **7.55 The Scooby-Doo Show.** (R) (C) 5565808 **8.15 Dennis and Gnasher.** (R) (C) 3870144 **8.30 Wingin' It.** (R) (C) 3839358 **8.50 Shaun the Sheep.** (R) (C) 1267822 **9.00 Friday Download.** (R) (C) 33826 **10.00 Raymond Blanc: The Very Hungry Frenchman.** (R) (C) 51342 **11.00 Live Golf: The Open Championship.** Coverage of the final day's play at Royal Lytham & St Annes Golf Club. (C) 98149396 **12.35pm FILM: Jack (1996).** Comedy drama, starring Robin Williams. (C) 63877209 **2.25 Show Me the Monet.** (C) 8167396 **3.10 Escape to the Country.** Properties in the East Riding of Yorkshire and Lincolnshire. (R) (C) 5591006 **3.55 Flog It!** From Nantwich Civic Hall in Cheshire. (R) (C) 5201551 **4.55 Songs of Praise.** Rower Debbie Flood talks about the Olympics. (C) 6524532 **5.30 Formula 1: German Grand Prix Highlights.** Action from the 10th round of the season. (C) 55716
7.00 Secrets of Our Living Planet. Chris Packham travels around the globe to reveal the secrets of watery habitats. In Brazil's Pantanal tropical wetland, he explores how the region's large species survive because of the apple snail. Last in the series. (R) (C) 6209
8.00 Engineering Giants: Gas Rig Strip-Down. Tom Wigglesworth and Rob Bell follow each step of the process as a gas platform is pulled from the North Sea and taken to Newcastle to be disassembled and recycled. (C) 2629
9.00 World's Most Dangerous Roads. Hugh Dennis and David Baddiel travel along more than 1,200 miles of hazardous roads in Ethiopia on a journey to Aksum, the country's holiest place. Last in the series. (C) 5193
10.00 Mock the Week. Topical comedy quiz show, hosted by Dara O Briain. (R) (C) 44445
10.30 Line of Duty. Fleming resolves to salvage the anti-corruption investigation and goes to worrying lengths to earn Gates' trust – but arouses Morton's suspicions in the process. (R) (C) 66071
11.30 Twenty Twelve. Injured Ian's problems mount when he discovers Daniel has been offered a new job, while the committee tries to launch Inclusivity Day – despite having no idea what it involves. (R) (C) 13648
12.00am FILM: Sparkle (2006). Comedy drama, starring Shaun Evans and Stockard Channing. (C) 517439
1.40 BBC News. (C) 43629033
4.15 Close

Channel 4

- 6.15am Ironman 2012.** (T) 7175483 **6.40 Canary Wharf Triathlon.** (T) 4995735 **7.05 The Great Swim Series.** (T) 3809613 **8.00 Will & Grace.** (R) (T) 1789280 **8.25 Will & Grace.** (R) (T) 1799667 **8.55 Frasier.** (R) (T) 7432377 **9.25 Frasier.** (R) (T) 2556764 **10.00 Sunday Brunch.** (T) 249990 **12.30pm Jamie Does Marrakech.** (R) (T) 6754445 **1.35 How to Cook Like Heston.** The chef questions the way eggs are often prepared. (R) (T) 87329464 **2.05 The Big Bang Theory.** Sheldon is delighted Leonard's girlfriend matches his high standards. (R) (T) 80453532 **2.30 The Big Bang Theory.** Leonard seeks relationship advice from Penny. (R) (T) 648 **3.00 The Simpsons.** Krusty the Clown is arrested. (T) 6820777 **3.35 The Simpsons.** Marge threatens to leave Homer. (R) (T) 5550716 **4.05 Deal or No Deal.** Game show, with Noel Edmonds. (T) 3348006 **5.05 Channel 4 Presents: London 2012 – Will Bayley Part III.** The table tennis Paralympian shares his thoughts. (R) (T) 3263483 **5.10 Channel 4 News.** (T) 7446377 **5.40 4thought.** tv. The role farmers play in modern society. (T) 667551 **5.45 FILM: Percy Jackson & the Lightning Thief (2010).** Premiere. Adventure, starring Logan Lerman. (T) 31441358
8.00 Come Dine with Me. Competitive sportswoman Lauren hosts the first of four dinner parties in Milton Keynes, Buckinghamshire, with an evening of hearty grub and glitzy fun. But the male guests – amateur-theatre enthusiast Ben and racing-car driver John – quickly bring proceedings down to their level of banter, and party girl Julia struggles to hide her frustration as she spends all week in their company. On Ben's night, his starter of squirrel causes a stir and the sports day-themed entertainment brings out Lauren's ruthless streak. (T) 1975
9.00 Thelma's Gypsy Girls. The pressure of getting her trainees up to speed forces Thelma Madine to take time off work. However, chaos ensues in her absence and a lie that could destroy the scheme is exposed. (T) 1731
10.00 FILM: Role Models (2008). After a brush with the law, two irresponsible men have to look after troubled kids as community service. Comedy, with Paul Rudd and Christopher Mintz-Plasse. (T) 475385
11.55 FILM: Internal Affairs (1990). A zealous investigator tries to bring to justice a corrupt cop whose criminal activities extend to murder. Crime thriller, starring Richard Gere and Laurie Metcalf. (T) 32905358
2.00am A Family Portrait. (R) (T) 2082217
2.05 Camelot. (R) (T) 4870168
3.00 Hollyoaks. (R) (T) 58042014
5.10 Channel 4 Presents: London 2012 – David Clarke Pt III. (R) (T) 9152269
5.15 Deal or No Deal. (R) (T) 3384897

Channel 5

- 6.00am Milkshake!: Peppa Pig.** (R) (T) 57558498 **6.05 Roary the Racing Car.** (R) (T) 61045613 **6.15 Fifi and the Flowerpots.** (R) (T) 61132193 **6.25 City of Friends.** (R) (T) 61138377 **6.35 Harry and His Bucket Full of Dinosaurs.** (R) (T) 23879938 **6.50 Castle Farm.** (R) (T) 53317754 **6.55 Abby's Flying Fairy School.** (T) 53307377 **7.05 Roobarb and Custard Too.** (R) (T) 9263416 **7.10 Bananas in Pyjamas.** (R) (T) 1194174 **7.25 Family!** (R) (T) 4912764 **7.35 Noddy in Toyland.** (R) (T) 8670984 **7.50 Bert and Ernie's Great Adventures.** (R) (T) 1622174 **7.55 Little Princess.** (R) (T) 5807613 **8.05 The Adventures of Bottle Top Bill and His Best Friend Corky.** (R) (T) 7244629 **8.20 Angelina Ballerina.** (R) (T) 7249174 **8.40 Rupert Bear.** (R) (T) 7142396 **8.55 Ben and Holly's Little Kingdom.** (R) (T) 3575377 **9.10 The Mr Men Show.** (R) (T) 7967716 **9.25 Roary the Racing Car.** (R) (T) 7882071 **9.40 Jelly Jamm.** (R) (T) 6676483 **10.00 Monkey Life.** (R) (T) 9423822 **10.25 The Hotel Inspector.** (R) (T) 9065434 **11.25 Big Brother.** (R) (T) 8970754 **12.25pm FILM: Krull (1983).** Fantasy adventure, starring Ken Marshall. (T) 65071085 **2.55 FILM: Clash of the Titans (1981).** Mythical adventure, starring Harry Hamlin. (T) 32803990 **5.15 FILM: Pocahontas (1995).** Disney animated drama, with the voice of Irene Bedard. (T) 35332342
6.55 5 News Weekend. (T) 8712358
7.00 Cricket on 5. England v South Africa. Mark Nicholas presents highlights of the fourth day of the First Test at the Oval, as the three-match series continued. (T) 6710919
8.00 Once Upon a Time. Emma races to find Mary Margaret before Regina discovers she is missing – but is taken hostage by a man desperate to return to the land of fairy tales. (T) 6729667
9.00 Big Brother. Daily round-up of highlights, featuring the latest tasks, games, arguments, laughs, diary-room visits and bedroom chit-chat. Narrated by Marcus Bentley. (T) 6709803
10.00 FILM: Blood Work (2002). A former FBI agent recovering from a heart transplant tracks down his organ donor's killer. Thriller, directed by and starring Clint Eastwood. With Anjelica Huston and Jeff Daniels. (T) 1190445
12.00am World's Fastest Train. (R) (T) 7068101
1.00 SuperCasino. 34151255
4.05 Sons of Anarchy. (T) 9439743
4.50 County Secrets. (R) (T) 29642762
5.00 Hana's Helpline. (R) (T) 33334878
5.10 The Milkshake! Show. (R) (T) 27419385
5.35 Thomas & Friends. (R) (T) 55472491
5.45 Roary the Racing Car. (R) (T) 42382385

ITV1

- 6.00am CITV: Mini CITV.** 4319667
7.25 CITV. 5576880
8.25 Dinner Date. Jim from London picks three blind dates. (T) 2477342
9.25 ITV News. (T) 5834261
9.30 House Gift. (R) (T) 8545071
10.25 There's No Taste Like Home. (R) (T) 3153613
11.25 The Hungry Sailors. (R) (T) 7925735
12.25pm ITV News and Weather; Weather. (T) 4134532
12.35 Dickinson's Real Deal. A double diamond ring is sold for a good cause in Kendal. (R) (T) 4051629
1.35 Murder, She Wrote. A tennis star's boyfriend is murdered. (R) (T) 5233464
2.35 TV's Biggest Blockbusters. The most watched programmes in British television history. (R) (T) 40406464
4.25 Doc Martin. One of Louisa's pupils has an accident that lands him in hospital, and Martin is the target of a practical joke after his fear of blood becomes common knowledge. Last in the series. (R) (T) 3345919
5.25 The Chase. Comedian Joe Pasquale, broadcaster Janet Street-Porter, TV presenter Mark Durden-Smith and former rugby union player Austin Healey pit their wits against ruthless quiz genius the Chaser in the hope of winning a large cash prize for charity. They must work as a team and play strategically to answer general knowledge questions against the clock and race down the game board to the exit without being caught. Bradley Walsh presents. Last in the series. (R) (T) 6531822
6.25 Anglia News and Weather. (T) 306938
6.40 ITV News and Weather. (T) 447919
7.00 Britain's Secret Treasures. Michael Buerk and Bettany Hughes reveal the top 10 historical artefacts discovered by the public. William Roache investigates a 3,500-year-old gold cup ploughed up by a farmer, and a hoard of Viking treasure leads John Sergeant to the legacy of a man barely known today, but who was the first king of all England. A single coin, found in a collection of thousands in Oxfordshire, sheds light on a Roman emperor, while Michael Portillo explores the discovery of a tiny silver badge in the shape of a boar. Last in the series. (T) 3735
8.00 Dancing on Ice Goes Gold. See *Pick Of The Day*. (T) 5311
10.00 ITV News at Ten and Weather; Weather. (T) 388613
10.20 Bomber Command. John Sergeant pays tribute to the aircraft of RAF Bomber Command who died serving their country and tells the stories of some of the surviving members, including bomb aimer Andy Wiseman, pilot Bill Lucas, rear gunners Bob Gill and Harry Irons, and navigator Harry Hughes. On June 28, the Queen unveiled a memorial in London's Green Park to honour the 55,573 men who gave their lives in bombing raids during the Second World War. (R) (T) 844667
11.15 Premiership Rugby Sevens Series. Peter Richards presents action from the Group B fixtures at Edgeley Park, with Leicester Tigers, London Welsh, Northampton Saints and Sale Sharks the sides involved. 330803
12.15am The Store; ITV News Headlines. 473149
2.15 Golden Balls. (R) (T) 3564101
3.05 Motorsport UK. 3900507
3.55 ITV Nightscreen. 870588
5.30 ITV Morning News. (T) 48168

ITV1 Central

As ITV1 Anglia except: 6.25pm Central News and Weather. (T)

Health

Our weekly focus on health, the NHS and Addenbrooke's

Every Monday with the Cambridge News

A photograph of a male doctor in a white lab coat and stethoscope, looking down at a clipboard. A female patient in a blue hospital gown stands next to him, looking at the same clipboard. The background is a plain, light-colored wall.

MONDAY July 23

BBC1

- 6.00am** **Breakfast.** (C) 35744052
9.15 **Heir Hunters.** (R) (C) 9329897
10.00 **Homes Under the Hammer.** (R) (C) 71323
10.58 **BBC News;** Weather. (C) 5838323
11.00 **Cowboy Trap.** (R) (C) 2952217
11.45 **You've Been Scammed.** (R) (C) 481588
12.13pm **BBC News;** Weather. (C) 4024101
12.15 **Bargain Hunt.** (R) (C) 1784675
1.00 **BBC News;** Weather. (C) 62675
1.30 **Regional News;** Weather. (C) 93248043
1.45 **Doctors.** (C) 769878
2.15 **Escape to the Country.** (R) (C) 8049946
3.00 **BBC News;** Weather; **Regional News.** (C) 6650033
3.05 **CBBC: Deadly 60.** (R) (C) 2532471
3.35 **Prank Patrol Down Under.** (R) (C) 5440385
4.00 **Copycats.** (R) (C) 694
4.30 **Roy.** (R) (C) 878
5.00 **Newsround.** (C) 6817439
5.15 **Pointless.** (R) (C) 8432912
6.00 **BBC News;** Weather. (C) 743
6.30 **Look East;** Weather. (C) 323
7.00 **The One Show.** Hosted by Alex Jones and Matt Baker. (C) 8236
7.30 **Food Factory.** Stefan Gates reveals why some pizzas contain "fake cheese", challenges *One Show* reporters Mike Dilger and Lucy Siegle to make packet custard, and ponders the quality of dog food; (C) BBC News; Regional News. (C) 507
8.00 **EastEnders.** The Olympic torch begins to make its journey through Walford – but Billy is stuck miles away with the football team and in danger of missing his moment of glory. (C) 4656
8.30 **A Question of Sport Olympic Special.** With Denise Lewis, James Cracknell, Sean Kerly and Sally Gunnell, who all claimed gold medals for Great Britain when competing at the Olympic Games in previous years. (C) 6491
9.00 **EastEnders.** Billy makes it back to the Square but still faces several obstacles to reach the Olympic torch relay – with the outcome revealed in a special live segment at the end of the episode. (C) 3410
9.30 **Absolutely Fabulous.** See *Pick Of The Day.* (C) 15694
10.00 **BBC News.** (C) 410859
10.25 **Regional News;** Weather. (C) 754965
10.35 **Tom Daley: Diving for Britain.** Profile of the 18-year-old Olympic hopeful, following him over the past two years as he prepares to battle for gold against a backdrop of everyday personal challenges. (C) 197168
11.25 **Who Do You Think You Are? US.** Former Friends star Lisa Kudrow researches her great-grandmother, who perished in the Holocaust, and travels to Belarus to unearth the true story of her ancestor's tragic fate. (R) (C) 492410
12.10am **FILM: Women of Valor (1986).** An army nurse held captive during the Second World War campaigns for her fellow medics to be officially recognised for their bravery. Drama, with Susan Sarandon. (C) 334499
1.50 **Weatherview.** (C) 6674569
1.55 **Sign Zone: Faster, Higher, Stronger.** The story of the 1500m and the most famous athletes to have gone for gold in the middle-distance track event, including Great Britain's Sebastian Coe, Steve Ovett and Steve Cram. (R) (C) 6219908
2.55 **Sign Zone: Victoria Pendleton: Cycling's Golden Girl.** (R) (C) 7911415
3.55 **Sign Zone: Britain's Heritage Heroes.** (R) (C) 55778279
4.25 **BBC News.** (C) 712502



Pick of the day

Absolutely Fabulous

BBC1, 9.30pm
 As the festival of strength, fitness and agility known as the Olympics draws near, Eddy feels past her sell-by date, with age catching up on her, party invitations no longer coming her way and the door of Stella McCartney's shop permanently closed to her. But when she rents out her house to a Hollywood A-lister, best friend Patsy insists she has to get into shape to impress her high-profile guest. Jennifer Saunders, pictured, stars.

Horizon: The Truth About Looking Younger

BBC2, 9pm
 There is a multi-billion dollar market in lotions and potions claiming to be able to turn back time, and many people's bedtime ritual involves smearing themselves with some expensive gunk in the hope that by the morning they will look like somebody else. Here, plastic surgeon Rozina Ali explores how the ageing process affects human skin. She examines why some people appear to age better than others.

BBC2

- 6.00am** **CBeebies: The Pingu Show.** (R) 2802491 **6.10 Zigby.** (R) (C) 4328385 **6.25 Timmy Time.** (R) (C) 2821526 **6.35 Dirtgirlworld;** (R) (C) Chuggington: Badge Quest. (R) (C) 9393439 **6.50 Rastamouse.** (R) (C) 7189830 **7.00 CBBC: Deadly Top 10.** (R) (C) 61946 **7.30 Splatalot;** (R) (C) Shaun the Sheep Championsheeps. (R) (C) 3134830 **7.55 League of Super Evil.** (R) (C) 5053491 **8.05 Frankenstein's Cat.** (R) (C) 5754149 **8.15 Pet Squad.** (R) (C) 4632976 **8.30 CBeebies: Nina and the Neurons Go Inventing.** (R) (C) 5797755 **8.45 Big & Small.** (R) (C) 9123110 **9.00 Tinga Tinga Tales.** (R) (C) 6420385 **9.10 Little Charley Bear.** (R) (C) 6459897 **9.20 Raa Raa the Noisy Lion.** (R) (C) 5733588 **9.30 Bob the Builder: Project Build It.** (R) (C) 4172615 **9.45 The Koala Brothers.** (R) (C) 4449762 **9.55 Lunar Jim;** (R) (C) Diddap. (R) (C) 4445946 **10.05 Kerwhizz.** (R) (C) 8661168 **10.30 Driver Dan's Story Train.** (R) (C) 7691168 **10.40 Waybuloo.** (R) (C) 1302205 **11.00 In the Night Garden.** (R) (C) 8588 **11.30 Animal Park.** (R) (C) 9217 **12.00pm FILM: The Saint in London (1939).** Detective adventure, with George Sanders. (C) 5416830 **1.10 FILM: The Saint in Palm Springs (1941).** Detective adventure, starring George Sanders. (C) 1536694 **2.15 Weakest Link.** (R) (C) 8047588 **3.00 Show Me the Monet.** (C) 5499694 **3.45 The Hairy Bikers' Food Tour of Britain.** (R) (C) 6139762 **4.30 Flog It!** (R) (C) 9968120 **5.15 Antiques Road Trip.** (R) (C) 1058474
6.00 **Eggheads.** (R) (C) 385
6.30 **Great British Railway Journeys.** (R) (C) 965
7.00 **Coast.** The team investigates the culture, history and legends of Britain's islands, including Fair Isle, Orkney, the Western Isles and the Isle of Wight. (R) (C) 8946
8.00 **University Challenge.** Medical students from St George's, University of London, take on a team from King's College, Cambridge, in the second of this year's first-round matches. (C) 5526
8.30 **The Hairy Bakers.** Dave Myers and Si King embark on a journey of culinary discovery, taking confectionery lessons around the country before making a five-tier wedding cake. (R) (C) 4033
9.00 **Horizon: The Truth About Looking Younger.** See *Pick Of The Day.* (C) 7830
10.00 **QI.** With Clare Balding, Dara O Briain and Jimmy Carr. (R) (C) 82878
10.30 **Newsnight;** (C) Weather. (C) 196439
11.20 **World's Most Dangerous Roads.** Hugh Dennis and David Baddiel go on an expedition in Ethiopia. Last in the series. (R) (C) 210743
12.20am **BBC News.** (C) 12521502
4.25 **The Super League Show.** (C) 8415958
5.10 **Close**

Channel 4

- 6.10am** **Channel 4 Presents – London 2012: Mandip Sehmi Part III.** (R) (T) 1122588 **6.15 The Hoobs.** (R) (T) 7079255 **6.40 The Hoobs.** (R) (T) 4899507 **7.05 Freshly Squeezed.** (T) 9994897 **7.30 According to Jim.** (R) (T) 3169526 **7.55 Will & Grace.** (R) (T) 3799217 **8.30 Everybody Loves Raymond.** (R) (T) 3742878 **8.55 Frasier.** (R) (T) 7336149 **9.25 Come Dine with Me.** (R) (T) 7099033 **9.55 Come Dine with Me.** (R) (T) 5374255 **10.25 Come Dine with Me.** (R) (T) 7104976 **11.00 Come Dine with Me.** (R) (T) 3656 **11.30 Come Dine with Me.** (R) (T) 4385 **12.00pm Channel 4 News MIDDAY Summary.** (T) 4033859 **12.05 A Place in the Sun: Winter Sun.** (R) (T) 7758975 **1.05 Gok Cooks Chinese.** (R) (T) 98440138 **1.35 River Cottage Bites.** (R) (T) 18632439 **1.40 FILM: Thunder Over Arizona (1956).** Western, starring Skip Homeier. (T) 1540897 **3.10 Countdown.** (T) 5404526 **4.00 Deal or No Deal: Gold Medal Deal.** (T) 7236 **5.00 Four in a Bed.** (T) 4410 **5.30 Come Dine with Me.** (T) 168
6.00 **The Simpsons.** (R) (T) 781
6.30 **Hollyoaks.** (T) 753
7.00 **Channel 4 News.** (T) 236897
7.25 **Can You Trust Your Bank? C4 Dispatches with Jon Snow.** Investigating the reliability of the banking industry. (T) 343526
7.55 **4thought.tv.** (T) 368120
8.00 **Location, Location, Location.** Phil Spencer helps a single mother hoping to relocate her family from Nottingham to Derby, while Kirstie Allsopp searches for a property for a couple of outdoor sports enthusiasts. (T) 2762
9.00 **Undercover Boss.** Jacqui McIntosh, a former hairdresser who now manages a chain of salons, tries to discover if her business is ready to expand by secretly visiting some of its branches. (T) 2526
10.00 **Ruby Wax's Mad Confessions.** Three business people disclose their mental-health problems to their employers. (T) 6971781
11.05 **FILM: A Running Jump (2012).** Premiere. Mike Leigh's short comedy, starring Eddie Marsan and Samantha Spiro. (T) 472656
11.50 **Random Acts.** (T) 843965
11.55 **Embarrassing Bodies: Under the Skin.** The doctors catch up with past cases involving skin complaints. (R) (T) 775410
1.00am **Channel 4 Presents – London 2012: Danielle Brown Part III.** (R) (T) 8046347
1.05 **The Good Wife.** (T) 7634095
1.50 **The Good Wife.** (T) 8160989
2.30 **The Big C.** (T) 99912
3.00 **Southland.** (T) 6238811
3.45 **St Elsewhere.** (R) (T) 8227958
4.30 **Deal or No Deal.** (R) (T) 7372250
5.25 **Countdown.** (R) (T) 9849231

Channel 5

- 6.00am** **Milkshake!:** Thomas & Friends. (R) (T) 61013014 **6.10 The WotWots.** (R) (T) 61037694 **6.20 City of Friends.** (R) (T) 61017830 **6.35 Jelly Jamm.** (R) (T) 79005052 **6.45 Peppa Pig.** (R) (T) 53281385 **6.50 Castle Farm.** (R) (T) 53202878 **7.00 Little Princess.** (R) (T) 1001410 **7.10 Ben and Holly's Little Kingdom.** (R) (T) 1007694 **7.20 The Mr Men Show.** (R) (T) 1087830 **7.35 Thomas & Friends.** (R) (T) 8656304 **7.45 Make Way for Noddy.** (R) (T) 8676168 **8.00 Fifi and the Flowerlots.** (R) (T) 2089089 **8.10 Bert and Ernie's Great Adventures.** (R) (T) 4130859 **8.15 Peppa Pig.** (R) (T) 4122830 **8.25 Peppa Pig.** (R) (T) 4128014 **8.30 Roary the Racing Car.** (R) (T) 7017656 **8.45 Bananas in Pyjamas.** (T) 3459385 **8.55 Milkshake! Monkey.** (R) (T) 6119584 **9.00 Igam Ogam.** (R) (T) 2837381 **9.15 The Wright Stuff.** 58731878 **11.10 Eddie Stobart: Trucks and Trailers.** (R) (T) 8845014 **12.10pm** **5 News Lunchtime.** (T) 58652014 **12.15 Big Brother.** (R) (T) 8475033 **1.15 Home and Away.** (T) 1605946 **1.45 Neighbours.** (T) 1604217 **2.15 The Mentalist.** (R) (T) 8495897 **3.15 Rosamunde Pilcher's Winter.** (T) 10287323 **5.00 5 News at 5.** (T) 9013762 **5.30 Neighbours.** (R) (T) 2366878
6.00 **Home and Away.** (R) (T) 2356491
6.30 **5 News at 6.30.** (T) 2347743
7.00 **Cricket on 5.** England v South Africa. Mark Nicholas presents highlights of day five at the Oval, as the First Test in the three-match series concluded; (T) 5 News Update. (T) 6607491
8.00 **Megastructures: London's Olympic Stadium.** An insider's guide to the arena in Stratford, east London, exploring the architectural challenges faced by its designers and revealing how it can be adapted for several uses; (T) 5 News at 9. (T) 6623439
9.00 **Big Brother.** Marcus Bentley narrates as the housemates lie in their beds, chat on the sofas and argue in the kitchen – all to give the viewing public something to talk about tomorrow. (T) 6603675
10.00 **The Walking Dead.** Dale despairs at his fellow survivors' increasingly brutal attitudes, and urges them to prove they have not lost their humanity. Carl grows more cynical about the future. (T) 8400217
10.55 **FILM: The Woods (2006).** A pupil at a girls' boarding school discovers something sinister is lurking in nearby woodlands and preying on the students. Horror, starring Patricia Clarkson. (T) 64502507
12.40am **Forensic Files.** (R) (T) 1209705
1.10 **SuperCasino.** 61884786
3.55 **Nick's Quest.** (R) (T) 39290279
4.20 **Wildlife SOS.** (R) (T) 57841415
4.45 **Michaela's Wild Challenge.** (R) (T) 54168811
5.10 **House Doctor.** (R) (T) 27486057
5.35 **House Doctor.** (R) (T) 99164811

ITV1

- 6.00am** **Daybreak.** (T) 734236
8.30 **Lorraine.** (T) 9701878
9.25 **The Jeremy Kyle Show.** (T) 3589439
10.30 **This Morning.** (T) 58588
12.30pm **Let's Do Lunch with Gino & Mel.** (T) 15859
1.30 **ITV News and Weather.** (T) 87205830
1.55 **Anglia News and Weather.** (T) 87238566
2.00 **Drive to Buy.** (T) 43052
3.00 **Secret Dealers.** The antiques experts bid for a 22-carat gold mourning ring. (T) 7859
3.59 **Anglia Weather.** (T) 6623526
4.00 **A Touch of Frost.** Part two of two. The detective searches for the armed robbers. (R) (T) 9694
5.00 **Tipping Point.** Quiz show, hosted by Ben Shephard. (T) 2675
6.00 **Anglia Tonight;** Weather. (T) 439
6.30 **ITV News and Weather.** (T) 491
7.00 **Emmerdale.** Cameron proposes to Debbie, but doesn't exactly get the response he expected, prompting him to try again later – in front of Chas and the locals in the Woolpack. Rachel faces her fears and takes a pregnancy test, Marlon announces to Rhona and Paddy that he will not be joining them in New Zealand, and Carl loses patience with Robbie. (T) 3304
7.30 **Coronation Street.** Stella arranges a girls' night out with Leanne and Eva, while a fed-up Sunita closes the shop and heads to the pub, where she tries to seduce Karl. (T) 675
8.00 **Countrywise.** Paul Heiney and Bettany Hughes explore Derbyshire, including the Peak District, the Dales and some of the lesser-known corners of the county. (T) 2052
8.30 **Coronation Street.** Stella confronts Sunita after finding her in a compromising position with Karl, but when Dev learns of his fiancée's infidelity, he begs her not to leave him. (T) 8859
9.00 **Superstar.** With the final just two nights away, the remaining contestants face a twist in the competition as they battle it out for viewers' support and the approval of the panel – Andrew Lloyd Webber, Jason Donovan and Dawn French. Having come this far, the hopefuls will be desperate to prove they have what it takes to play the lead role in Lloyd Webber's new arena tour of *Jesus Christ Superstar*. At the end of the show, phone lines open and the public vote for who they want to see in tomorrow's semi-final. Amanda Holden is the host. (T) 8676439
10.15 **ITV News and Weather.** (T) 929323
10.45 **Anglia News and Weather.** (T) 917694
10.50 **Real Crime with Mark Austin: Fallen Angel.** The case of Hells Angel Gerry Tobin, who was murdered by members of rival motorcycle gang the Outlaws on the M40 while travelling back from the Buildog Bash festival in August 2007. (R) (T) 818149
11.50 **In Plain Sight.** Mary and Marshall try to convince an informant to enter the protection programme, but he refuses – and lands himself in big trouble. (R) (T) 226471
12.40am **Jackpot247;** ITV News Headlines. 38888366
3.00 **The Jeremy Kyle Show.** (R) (T) 3952960
3.55 **ITV Nightscreen.** 6468778
4.35 **The Jeremy Kyle Show.** (R) (T) 7380279
5.30 **ITV Morning News.** (T) 28521
ITV1 Central
 As **ITV1 Anglia** except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. (T) 10.45 Local News and Weather. (T)

TUESDAY July 24

BBC1

- 6.00am Breakfast.** (C) 35711724
9.15 Heir Hunters. (R) (C) 9396569
10.00 Homes Under the Hammer. (R) (C) 91182
10.58 BBC News; Weather. (C) 5805095
11.00 Cowboy Trap. (R) (C) 2929989
11.45 You've Been Scammed. The story of a man who thought he had invested savings in land. (R) (C) 905960
12.13pm BBC News; Weather. (C) 4091873
12.15 Bargain Hunt. From Lincoln. (R) (C) 1751347
1.00 BBC News; Weather. (C) 82434
1.30 Regional News; Weather. (C) 27543255
1.45 Doctors. Howard helps an eccentric friend. (C) 276960
2.15 Escape to the Country. Properties in Gloucestershire. (R) (C) 8016618
3.00 BBC News; Weather; Regional News. (C) 6627705
3.05 CBBC: Deadly 60. (R) (C) 6837683
3.35 Prank Patrol Down Under. (R) (C) 5417057
4.00 Copycats. (R) (C) 298
4.30 Serious Explorers: Livingstone. (R) (C) 182
5.00 Newsround. (C) 6877811
5.15 Pointless. Quiz show in which contestants have to score the fewest points possible by giving the least obvious answers to questions. Presented by Alexander Armstrong and Richard Osman. (R) (C) 2737124
6.00 BBC News; Weather. (C) 347
6.30 Look East; Weather. (C) 927
7.00 The One Show. Another mix of nationwide reports and live studio-based chat, hosted by Matt Baker and Alex Jones. (C) 3873
7.30 EastEnders. Joey helps Lucy out of her financial woes – with Derek's unwitting assistance. Janine is told Scarlett can come home soon, but Michael is still refusing to be by her side; (C) BBC News; Regional News. (C) 811
8.00 Holby City. The heavily pregnant Mo begins to feel labour pains, but convinces herself she is fine and prepares to operate on a local man who is due to appear in the Olympics opening ceremony. But when the inevitable happens, her birthing partner is delayed and help comes from an unexpected source. Eddi becomes unusually nice in a bid to prove to Sacha she is not upset by Luc's departure, while Serena treats a woman who is keeping the truth about her condition from her partner. Chizzy Akudolu, Sarah-Jane Potts and Catherine Russell star. (C) 4827
9.00 Turn Back Time – The Family. The living history experiment concludes in the 1970s, a time of industrial action and power cuts, and the participants decide which era was best for the family. Last in the series. (C) 4683
10.00 BBC News. (C) 472095
10.25 Regional News; Weather; (C) National Lottery Update. (C) 522724
10.35 Imagine. The creation of three new dances by the Royal Ballet, inspired by a trio of mythological paintings by Renaissance master Titian of the Greek goddess Diana. Last in the series. (C) 5774873
11.50 FILM: An Unfinished Life (2005). An ageing and embittered rancher's discovery that he has a granddaughter stirs up sad memories of his son's death. Drama, with Robert Redford, Morgan Freeman and Jennifer Lopez. (C) 130521
1.35am Weatherview. (C) 6620748
1.40 Sign Zone: Faster, Higher, Stronger. (R) (C) 3197187
2.40 Sign Zone: Into Orbit: A Culture Show Special. (R) (C) 7997835
3.40 Sign Zone: The Men Who Made Us Fat. (R) (C) 2213800
4.40 BBC News. (C) 5967670



Pick of the day

Jon Richardson: A Little Bit OCD

Channel 4, 10pm
 For years, comedian Jon Richardson, pictured, has been driven by a quest for perfection, which has dictated everything from his eating habits to his ability to go on dates. People have said he has OCD, but he is not so sure. Here he gains an insight into the world of obsessive compulsive disorders, talking to some of the millions of sufferers in the UK and staff who treat patients with the most extreme form.

Line of Duty

BBC2, 9pm
 Gates goes on the run, convinced he can save his career and marriage by proving his innocence. As his options dwindle, the anti-corruption team faces renewed pressure to close the case – but rifts start to appear when Arnott questions how far Fleming is willing to go to get results. Police thriller, starring Lennie James, Martin Compston, Vicky McClure, Neil Morrissey and Adrian Dunbar. Last in the series.

BBC2

- 6.00am CBeebies: The Pingu Show.** (R) 2879163 **6.10 Zigby.** (R) (C) 4395057 **6.25 Timmy Time.** (R) (C) 2898298 **6.35 Dirtgirlworld.** (R) (C) Chuggington: Badge Quest. (R) (C) 9353811 **6.50 Rastamouse.** (R) (C) 7156502 **7.00 CBBC: Deadly Top 10.** (R) (C) 81705 **7.30 Splatalot.** (R) (C) Shaun the Sheep Championsheeps. (R) (C) 3101502 **7.55 League of Super Evil.** (R) (C) 5020163 **8.05 Frankenstein's Cat.** (R) (C) 5714521 **8.15 Pet Squad.** (R) (C) 8937188 **8.30 CBeebies: Nina and the Neurons Go Inventing.** (R) (C) 4973417 **8.45 Big & Small.** (R) (C) 3428322 **9.00 Tinga Tinga Tales.** (R) (C) 6497057 **9.10 Little Charley Bear.** (R) (C) 6426569 **9.20 Raa Raa the Noisy Lion.** (R) (C) 5793960 **9.30 Bob the Builder: Project Build It.** (R) (C) 8477827 **9.45 The Koala Brothers.** (R) (C) 4416434 **9.55 Lunar Jim.** (R) (C) Octonauts: Creature Reports. (R) (C) 4412618 **10.05 Kerwhizz.** (R) (C) 8621540 **10.30 Driver Dan's Story Train.** (R) (C) 7651540 **10.40 Waybuloo.** (R) (C) 5607417 **11.00 In the Night Garden.** (R) (C) 6328 **11.30 Animal Park.** (R) (C) 7057 **12.00pm FILM: The Saint in New York (1938).** Detective adventure, starring Louis Hayward. (C) 3517724 **1.05 FILM: The Saint Meets the Tiger (1943).** Detective adventure, starring Hugh Sinclair. (C) 9107415 **2.15 Weakest Link.** (R) (C) 8007960 **3.00 Show Me the Monet.** (C) 5466366 **3.45 The Hairy Bikers' Food Tour of Britain.** (R) (C) 6106434 **4.30 Flog It!** (R) (C) 9935892 **5.15 Antiques Road Trip.** (R) (C) 4537106
6.00 Eggheads. (R) (C) 989
6.30 Great British Railway Journeys. (R) (C) 569
7.00 Coast. The history and culture of some of the most extreme locations in Britain, including the Isles of Scilly, Branscombe Cliff, Devon, and St David's Head, Pembrokeshire. (R) (C) 2231
8.00 The Hairy Bikers: Mums Know Best. Si King and Dave Myers examine traditional dishes reserved for birthdays, including Manchester tart, Greek stuffed vine leaves, and a Caribbean Saturday soup. Last in the series. (R) (C) 8279
9.00 Line of Duty. See *Pick Of The Day*. (C) 8415
10.00 Twenty Twelve. Final episode of the Olympic sitcom. Ian and his staff set about tying up loose ends as they prepare to hand over control of the Games to the Live team. Last in the series. (C) 77163
10.30 Newsnight; (C) Weather. (C) 629569
11.20 FILM: What If (2012). Premiere. A council estate teenager receives a lesson in what it means to be a good man. Drama, starring Noel Clarke and George Sargeant. (C) 486724
11.45 FILM: The Swimmer (2012). Premiere. Short film directed by Lynne Ramsay. (C) 222160
12.05am BBC News. (C) 41568670

Channel 4

- 6.10am Channel 4 Presents: London 2012 – Hannah Cockcroft Part III.** (R) (T) 1182960
6.15 The Hoobs. (R) (T) 7046927 **6.40 The Hoobs.** (R) (T) 4866279 **7.05 Freshly Squeezed.** (T) 9961569 **7.30 According to Jim.** (R) (T) 3136298 **7.55 Will & Grace.** (R) (T) 3111989 **8.25 Everybody Loves Raymond.** (R) (T) 1653811 **8.55 Frasier.** (R) (T) 3349231 **9.30 Come Dine with Me.** (R) (T) 19637 **10.00 Come Dine with Me.** (R) (T) 54163 **10.30 Come Dine with Me.** (R) (T) 70250 **11.00 Come Dine with Me.** (R) (T) 4724 **11.30 Come Dine with Me.** (R) (T) 5453 **12.00pm Channel 4 News Midday Summary.** (T) 4093231 **12.05 Channel 4 Presents: London 2012 – David Smith Part III.** (R) (T) 4092502 **12.10 A Place in the Sun: Winter Sun.** (R) (T) 5732778 **1.10 River Cottage Bites.** (R) (T) 60748601 **1.25 FILM: Winchester '73 (1950).** Western, starring James Stewart and Stephen McNally. (T) 79629892 **3.10 Countdown.** (T) 5471298
4.00 Deal or No Deal: Gold Medal Deal. (T) 5076 **5.00 Four in a Bed.** (T) 6347 **5.30 Come Dine with Me.** (T) 144
6.00 The Simpsons. (R) (T) 647
6.30 Hollyoaks. (T) 637
7.00 Channel 4 News. (T) 314057
7.55 4thought.tv. Members of the public reflect on religious issues. (T) 891250
8.00 Beauty & the Beast: Ugly Face of Prejudice. Glamour model Holly Kent meets Nelly Shaheen, a woman who has harlequin ichthyosis, a rare skin condition that could suffocate her if left untreated. (T) 3347
9.00 Embarrassing Bodies. The doctors revisit patients who sought advice following operations that did not go as planned, including one of the first women to undergo breast enhancement surgery in the 1970s. (T) 6811
10.00 Jon Richardson: A Little Bit OCD. See *Pick Of The Day*. (T) 6948453
11.05 Thelma's Gypsy Girls. A lie that could destroy the scheme is exposed. (R) (T) 607960
12.10am Random Acts. (T) 4560729
12.15 Bank of Dave. (R) (T) 5523477
1.10 The Great Swim Series. (R) (T) 6749941
2.05 KOTV Boxing Weekly. (T) 1982187
2.30 Sailing: America's Cup Discovered. (T) 46361
3.00 FIVB Beach Volleyball. (T) 3927274
3.55 Canary Wharf Triathlon. (R) (T) 13832564
4.20 Ironman 2012. (R) (T) 51126670
4.50 The Grid. (R) (T) 94486361
5.20 British Formula Ford Championship. (R) (T) 4009019
5.45 Channel 4 Presents: London 2012 – David Smith Part III. (R) (T) 5750361
5.50 FIM Superbike World Championship 2012. (T) 1239458

Channel 5

- 6.00am Milkshake!: Thomas & Friends.** (R) (T) 61080786 **6.10 The WotWots.** (R) (T) 61004366 **6.20 City of Friends.** (R) (T) 61084502 **6.35 Jelly Jamm.** (R) (T) 79072724 **6.45 Peppa Pig.** (R) (T) 53258057
6.50 Castle Farm. (R) (T) 53262250 **7.00 Little Princess.** (R) (T) 1078182 **7.10 Ben and Holly's Little Kingdom.** (R) (T) 1074366
7.20 The Mr Men Show. (R) (T) 1054502
7.35 Thomas & Friends. (R) (T) 8623076
7.45 Make Way for Noddy. (R) (T) 8636540
8.00 Fifi and the Flowertots. (R) (T) 1590971
8.10 Bert and Ernie's Great Adventures. (R) (T) 4190231 **8.15 Peppa Pig.** (R) (T) 4199502 **8.20 Peppa Pig.** (R) (T) 4196415
8.25 Peppa Pig. (R) (T) 4195786 **8.30 Roary the Racing Car.** (R) (T) 7084328 **8.45 Bananas in Pyjamas.** (T) 3426057 **8.55 Milkshake! Monkey.** (R) (T) 7614816 **9.00 Igam Ogam.** (R) (T) 2840453 **9.15 The Wright Stuff.** 58791250 **11.10 Eddie Stobart: Trucks and Trailers.** (R) (T) 8812786
12.10pm 5 News Lunchtime. (T) 58629786
12.15 Big Brother. (R) (T) 8442705 **1.15 Home and Away.** (T) 1672618 **1.45 Neighbours.** (T) 1671989 **2.15 The Mentalist.** (R) (T) 8462569 **3.15 FILM: Generation Gap (2008).** Coming-of-age drama, starring Alex Black. (T) 10254095 **5.00 5 News at 5.** (T) 9080434 **5.30 Neighbours.** (R) (T) 2326250
6.00 Home and Away. (R) (T) 2323163
6.30 5 News at 6.30. (T) 2314415
7.00 The Hotel Inspector. Alex Polizzi tackles the Caspian, a 10-bedroom hotel in Ealing, west London, that desperately needs to be brought up to date to attract more guests; (R) (T) 5 News Update. (T) 6674163
8.00 Half Built House. Sian Astley tries to remedy the mistakes made by a DIY enthusiast whose botched renovation project has turned his family's home in Eastbourne, East Sussex, into a building site; (T) 5 News at 9. (T) 6683811
9.00 CSI: Crime Scene Investigation. A slot-machine player is shot dead on the gaming floor of a casino, and DNA evidence leaves the team with two suspects, each of whom is equally likely to have been the killer. (T) 6670347
10.00 Big Brother. Highlights from the *Big Brother* house, as the contestants nominate once more and then discover who is up for eviction on Friday. (T) 6673434
11.00 Big Brother's Bit on the Side. 8246347
12.00am Banged Up Abroad. (R) (T) 7002545
1.00 SuperCasino. 81403496
3.55 Nick's Quest. (R) (T) 39250651
4.20 Michaela's Wild Challenge. (R) (T) 57818187
4.45 Michaela's Wild Challenge. (R) (T) 54135583
5.10 House Doctor. (R) (T) 27453729
5.35 House Doctor. (R) (T) 99131583

ITV1

- 6.00am Daybreak.** (T) 498328
8.30 Lorraine. (T) 9761250
9.25 The Jeremy Kyle Show. (T) 3549811
10.30 This Morning. (T) 52521
12.30pm Let's Do Lunch with Gino & Mel. With actress Miriam Margolyes. (T) 95142
1.30 ITV News and Weather. (T) 87272502
1.55 Anglia News and Weather. (T) 11533778
2.00 Drive to Buy. Adam Shaw takes house buyers on a tour of Petersfield, Hampshire. Last in the series. (T) 57250
3.00 Secret Dealers. A diamond ring and a Minton vase. (T) 8927
3.59 Anglia Weather. (T) 6690298
4.00 Midsomer Murders. Part one of two. New Age travellers upset a local magistrate. (R) 7434
5.00 Tipping Point. Quiz show, hosted by Ben Shephard. (T) 7340
6.00 Anglia Tonight; Weather. (T) 415
6.30 ITV News and Weather. (T) 845
7.00 Emmerdale. Rachel tells Jai she is pregnant and the baby is his, but says she has no choice but to have an abortion. Megan reaches the end of her tether with Robbie, Cameron is thrown when Debbie suggests Chas should be her chief bridesmaid, while Rhona and Paddy are shocked by Marlon's decision about New Zealand. (T) 8569
7.30 Trash to Treasure. Paul's mission to tidy up Dale's yard reveals some surprising items, while Trev and Lee visit Cheshire's Peckforton Castle to see what they can salvage from two fire-damaged rooms. (T) 279
8.00 Love Your Garden. Alan Titchmarsh comes to the aid of the Costellos in Norwich, who have recently moved into a bungalow with a garden in desperate need of a makeover. In 2009, dad Ian was injured by a roadside bomb while serving in Afghanistan, and has since been rehoused with wife Lyndsey and their three children to a property offered specifically to ex-service people and their families. The team aims to provide areas of relaxation, beauty and play, with David Domoney finding a way to stimulate the kids' imagination on a budget. (T) 5705
9.00 Superstar. Amanda Holden presents the semi-final of the talent show. The two least popular hopefuls face the sing-off and Andrew Lloyd Webber must decide which of them to save. Then, the remaining three battle it out for a much-coveted place in tomorrow night's final, knowing that one slip-up could end their dream of winning the lead role in *Jesus Christ Superstar*. There is also a performance by a celebrity guest, and at the end of the show, phone lines open and viewers vote for the contestant they want to see return to the stage one last time. (T) 8636811
10.15 ITV News and Weather. (T) 434057
10.45 Anglia News and Weather. (T) 824417
10.50 FILM: Green Street (2005). An American journalism student gets kicked out of Harvard, moves to London and joins a group of football hooligans. Drama, with Elijah Wood, Charlie Hunnam and Claire Forlani. (T) 84621989
12.50am Jackpot247; ITV News Headlines. 95117670
3.00 Golden Balls. (R) (T) 3938380
3.50 ITV Nightscreen. Text-based information service. 949651
5.30 ITV Morning News. (T) 20106

ITV1 Central

As **ITV1 Anglia** except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. (T) 10.45 Local News and Weather.

WEDNESDAY July 25

Main Channels

BBC1

- 6.00am** **Breakfast.** (C) 35788496
9.15 **Heir Hunters.** (R) (C) 9356941
10.00 **Homes Under the Hammer.** (R) (C) 60651
10.58 **BBC News;** Weather. (C) 5872767
11.00 **Cowboy Trap.** (R) (C) 2989361
11.45 **You've Been Scammed.** (R) (C) 447748
12.13pm **BBC News;** Weather. (C) 4068545
12.15 **Bargain Hunt.** James Braxton and Thomas Plant join two teams at the Hemswell Antiques Centre in Lincolnshire, while Tim Wonnacott visits Hinton Ampner in Hampshire. (R) (C) 1728019
1.00 **BBC News;** Weather. (C) 51903
1.30 **Regional News;** Weather. (C) 51848467
1.45 **Doctors.** Heston meets an old woman obsessed with a 1930s film, and Mandy tells Kevin the fire was not his fault, helping both of them find some comfort. (C) 725038
2.15 **Escape to the Country.** A couple with a budget of £400,000 search for a home with a garden in Shropshire, and Alistair Appleton visits nearby Boscombe House. (R) (C) 8076090
3.00 **World Olympic Dreams.** Sporting series following the progress of aspiring Olympians from around the world as they prepare to compete in London 2012. (C) 5187
3.30 **Olympics 2012.** Great Britain v New Zealand (Kick-off 4.00pm). Gabby Logan introduces coverage of the opening match of the women's football tournament, staged at the Millennium Stadium, Cardiff. Olympic football coverage continues on BBC3 at 7pm. (C) 562729
6.00 **BBC News;** Weather. (C) 651
6.30 **Look East;** Weather. (C) 903
7.00 **The One Show.** Matt Baker and Alex Jones present the live magazine show featuring topical reports from around the UK and big-name studio guests. (C) 9516
7.30 **Britain's Olympic Torch Story.** With just two days to go before the Olympic flame reaches its destination in London, this documentary looks back at the 70-day relay that has captured the public's imagination; (C) BBC News; Regional News. (C) 187
8.00 **EastEnders.** Tanya stumbles across a shocking family secret. Lola struggles to bond with her new baby and Masood is offered an interview for a teaching assistant position. (C) 6816
8.30 **Bert and Dickie.** See *Pick Of The Day.* (C) 84699
10.00 **BBC News.** (C) 998835
10.25 **Regional News;** Weather. (C) 474036
10.35 **The National Lottery Wednesday Night Draws.** Scott Mills presents as the balls are set rolling to decide the all-important numbers. Including the Lotto and Thunderball draws. (C) 606670
10.45 **Have I Got Old News for You.** Another chance to see the satirical quiz. (C) 884800
11.15 **EastEnders.** Omnibus. The Olympic torch begins to make its journey through Walford – but Billy is stuck miles away with the football team and in danger of missing his moment of glory; (R) (C) National Lottery Update. (C) 529390
1.10am **Weatherview.** (C) 8908133
1.15 **Sign Zone: Britain's Lost Routes with Griff Rhys Jones.** (R) (C) 226249
2.15 **Sign Zone: Fake Britain.** (R) (C) 4625688
3.00 **Sign Zone: Britain's Heritage Heroes.** (R) (C) 48336
3.30 **Sign Zone: Food Factory.** (R) (C) 36152
4.00 **BBC News.** (C) 13201



Pick of the day

Bert and Dickie

BBC1, 8.30pm
 Matt Smith, pictured, shouldn't look completely out of place in this drama, which focuses on Bert Bushnell and Dickie Burnell, who were thrown together just a few weeks before the last London Games to form a scratch partnership for the double sculls. Their story has been turned into an uplifting drama by William Ivory, and once again, Smith proves he can do more than simply chase weird creatures across time and space.

SuperScrippers

Channel 4, 8pm
 Mrs Moneypenny provides another round of cash-saving tips, with thrifty contributors revealing how they pinch the pennies. Daily Telegraph retail editor Harry Wallop investigates confusing energy tariffs and helps a customer left at boiling point, while a family who spend a whopping £7,000 a year on treats for their children are challenged to entertain them on just £50, with which they have to cover days out and their daughter's fifth birthday party.

BBC2

- 6.00am** **CBeebies: The Pingu Show.** (R) 2846835 **6.10 Zigby.** (R) (C) 4362729 **6.25 Timmy Time.** (R) (C) 2858670 **6.35 Dirtgirlworld.** (R) (C) Chuggington: Badge Quest. (R) (C) 9320583 **6.50 Rastamouse.** (R) (C) 7123274 **7.00 CBBC: Deadly Top 10.** (R) (C) 50274 **7.30 Splatalot.** (R) (C) Shaun the Sheep Championsheeps. (R) (C) 3178274 **7.55 League of Super Evil.** (R) (C) 5097835 **8.05 Frankenstein's Cat.** (R) (C) 5781293 **8.15 Pet Squad.** (R) (C) 1781800 **8.30 CBeebies: Nina and the Neurons Go Inventing.** (R) (C) 8278629 **8.45 Big & Small.** (R) (C) 7723534 **9.00 Tinga Tinga Tales.** (R) (C) 6464729 **9.10 Little Charley Bear.** (R) (C) 6486941 **9.20 Raa Raa the Noisy Lion.** (R) (C) 5760632 **9.30 Bob the Builder: Project Build It.** (R) (C) 2772039 **9.45 The Koala Brothers.** (R) (C) 4483106 **9.55 Lunar Jim.** (R) (C) Diddap. (R) (C) 4472090 **10.05 Kerwhizz.** (R) (C) 8698212 **10.30 Driver Dan's Story Train.** (R) (C) 7628212 **10.40 Waybuloo.** (R) (C) 9902629 **11.00 In the Night Garden.** (R) (C) 1583 **11.30 Animal Park.** (R) (C) 2212 **12.00pm FILM: The Saint Strikes Back (1939).** Adventure, with George Sanders. (C) 3584496 **1.05 FILM: The Saint Takes Over (1940).** Adventure, with George Sanders. (C) 9174187 **2.15 Weakest Link.** (R) (C) 8074632 **3.00 Show Me the Monet.** (C) 5433038 **3.45 The Hairy Bikers' Food Tour of Britain.** (R) (C) 6173106 **4.30 Flog It!** (R) (C) 9902564 **5.15 Antiques Road Trip.** (R) (C) 8832318
6.00 **Eggheds.** (C) 293
6.30 **Great British Railway Journeys.** (R) (C) 545
7.00 **Coast.** An edition devoted to the history of Britain's harbours, featuring visits to Newlyn, Barrow-in-Furness, Portsmouth, Birkenhead and Scarborough. (R) (C) 1458
8.00 **Restoration Home.** Caroline Quentin meets a couple trying to convert Sandford House, a former hotel near Dundee, into a family home, and explores the property's history. (C) 1926
9.00 **Leaving Amish Paradise.** Andrew Tait's film follows two Amish families who are leaving their communities, as they face the prejudice of their peers and try to get to grips with the modern world. (R) (C) 3670
10.00 **The Culture Show.** With film director Christopher Nolan and Blur's Damon Albarn and Graham Coxon. (C) 71106
10.30 **Newsnight;** (C) Weather. (C) 129361
11.20 **FILM: The Odyssey (2012).** How London has changed since being awarded the 2012 Olympics. (C) 407859
11.50 **The Bridges That Built London with Dan Cruickshank.** The history of the city's Thames crossings. (C) 899903
12.50am **BBC News.** (C) 26774539
4.00 **Close**

Channel 4

- 6.15am** **The Hoobs.** (R) (T) 7013699 **6.40 The Hoobs.** (R) (T) 4826651 **7.05 Freshly Squeezed.** (T) 5240039 **7.35 According to Jim.** (R) (T) 3195941 **8.00 Will & Grace.** (R) (T) 62458 **8.30 Everybody Loves Raymond.** (R) (T) 3779922 **8.55 Frasier.** (R) (T) 3316903 **9.30 Come Dine with Me.** (R) (T) 13670 **10.00 Come Dine with Me.** (R) (T) 39293 **10.30 Come Dine with Me.** (R) (T) 74293 **11.00 Come Dine with Me.** (R) (T) 6651 **11.30 Come Dine with Me.** (R) (T) 7380 **12.00pm** **Channel 4 News Midday Summary.** (T) 4060903 **12.05 A Place in the Sun: Winter Sun.** (R) (T) 8687449 **1.05 Quick Bakes with Eric Lanlard.** (R) (T) 2227516 **1.25 FILM: The Black Knight (1954).** Swashbuckling adventure, with Alan Ladd. (T) 79696564 **3.10 Countdown.** (T) 5431670 **4.00 Deal or No Deal: Gold Medal Deal.** (T) 7903 **5.00 Four in a Bed.** (T) 6670 **5.30 Come Dine with Me.** (T) 748
6.00 **The Simpsons.** (R) (T) 361
6.30 **Hollyoaks.** (T) 941
7.00 **Channel 4 News.** (T) 854477
7.55 **4thought.tv.** Members of the public reflect on religious issues. (T) 324380
8.00 **SuperScrippers.** See *Pick Of The Day.* (T) 5274
9.00 **24 Hours in A&E.** A five-year-old is brought in with severe burns after her skirt got caught in a gas fire, and a 61-year-old learns she may have to stay overnight after being scratched by her cat. (T) 5038
10.00 **World's Maddest Job Interview.** In the first of a two-part documentary, business and psychological experts analyse the work skills of eight volunteers, some with significant mental-health issues. (T) 6915125
11.05 **Random Acts.** Short film that offers an alternative view of the hype surrounding London 2012. (T) 589564
11.10 **The Killing.** (T) 549361
12.05am **Music on 4: Summer Daze.** (R) (T) 6232152
12.40 **Music on 4: Mercury Prize Sessions: Howler.** (T) 8148997
12.55 **Music on 4: Ibiza Rocks: Labrinth.** (T) 9356201
1.10 **Music on 4: 4Play: Delilah.** (T) 3238978
1.20 **Music on 4: 4Play: Bullitts.** (R) (T) 8911607
1.30 **Music on 4: Clement Marfo and the Frontline: Intro.** (T) 2774065
1.40 **Music on 4: The Album Chart Show: Spotlight.** (T) 2754201
1.55 **Southland.** (T) 8023404
2.35 **The Lobster Club.** (R) (T) 1098355
2.45 **FILM: Barefoot in the Park (1967).** Comedy, with Robert Redford and Jane Fonda. (T) 772152
4.35 **Deal or No Deal: Gold Medal Deal.** (R) (T) 7242065
5.30 **Countdown.** (R) (T) 6062423

Channel 5

- 6.00am** **Milkshake!:** **Thomas & Friends.** (R) (T) 61057458 **6.10 The WotWots.** (R) (T) 61071038 **6.20 City of Friends.** (R) (T) 61051274 **6.35 Jelly Jamm.** (R) (T) 79049496 **6.45 Peppa Pig.** (R) (T) 53225729 **6.50 Castle Farm.** (R) (T) 53239922 **7.00 Little Princess.** (R) (T) 1045854 **7.10 Ben and Holly's Little Kingdom.** (R) (T) 1041038 **7.20 The Mr Men Show.** (R) (T) 1021274 **7.35 Thomas & Friends.** (R) (T) 8690748 **7.45 Make Way for Noddy.** (R) (T) 8603212 **8.00 Fifi and the Flowerlots.** (R) (T) 4184813 **8.10 Bert and Ernie's Great Adventures.** (R) (T) 4167903 **8.15 Peppa Pig.** (R) (T) 4166274 **8.20 Peppa Pig.** (R) (T) 4163187 **8.25 Peppa Pig.** (R) (T) 4162458 **8.30 Roary the Racing Car.** (R) (T) 7971800 **8.45 Bananas in Pyjamas.** (T) 3493729 **8.55 Milkshake! Monkey.** (R) (T) 4719908 **9.00 Igam Ogam.** (R) (T) 2817125 **9.15 The Wright Stuff.** 58768922 **11.10 Ultimate Police Interceptors.** (R) (T) 8889458 **12.10pm** **5 News Lunchtime.** (T) 58696458 **12.15 Big Brother.** (R) (T) 8419477 **1.15 Home and Away.** (T) 1632090 **1.45 Neighbours.** (T) 1631361 **2.15 The Mentalist.** (R) (T) 8422941 **3.15 FILM: Ties That Bind (2010).** Premiere. Mystery, starring Kristanna Loken and Warren Christie. (T) 10221767 **5.00** **5 News at 5.** (T) 9057106 **5.30 Neighbours.** (R) (T) 2393922
6.00 **Home and Away.** Brax offers Danny money to leave his family alone. (R) (T) 2390835
6.30 **5 News at 6.30.** (T) 2381187
7.00 **Ice Road Truckers: Deadliest Roads.** Lisa Kelly gets off to a bad start with her new partner; (R) (T) 5 News Update. (T) 6641835
8.00 **Britain's Strangest Pets.** New series. People who choose to live with unusual and sometimes dangerous animals, beginning with a couple who own four camels and a man who breeds big cats; (T) 5 News at 9. (T) 6650583
9.00 **NCIS.** The investigators identify the man they believe to be the port-tort killer, and rush to apprehend him before he can claim any more victims. Last in the series. (T) 6647019
10.00 **Big Brother.** Marcus Bentley provides his familiar voiceover as the contestants continue their stay in the famous bungalow. (T) 6640106
11.00 **Big Brother's Bit on the Side.** Emma Willis and her guests discuss how the housemates are getting on. 8213019
12.00am **Poker: The Big Game.** (T) 7906317
1.00 **SuperCasino.** 81307268
3.55 **Nick's Quest.** (R) (T) 39154423
4.20 **Michaela's Wild Challenge.** (R) (T) 57712959
4.45 **Michaela's Wild Challenge.** (R) (T) 54039355
5.10 **House Doctor.** (R) (T) 27340201
5.35 **House Doctor.** (R) (T) 99035355

ITV1

- 6.00am** **Daybreak.** (T) 921458
8.30 **Lorraine.** (T) 9738922
9.25 **The Jeremy Kyle Show.** (T) 3516583
10.30 **This Morning.** (T) 56564
12.30pm **Let's Do Lunch with Gino & Mel.** Gino D'Acampo prepares a warm potato and tuna salad. (T) 13835
1.30 **ITV News and Weather.** (T) 87249274
1.55 **Anglia News and Weather.** (T) 59333390
2.00 **Murder, She Wrote.** Death strikes during Mardi Gras. (R) (T) 32380
3.00 **Secret Dealers.** The antiques hunters turn their attention to a 600-piece set of Poole pottery. (T) 7534
3.59 **Anglia Weather.** (T) 6650670
4.00 **Midsomer Murders.** Conclusion. A second corpse is discovered, forcing Barnaby and Troy to move quickly. (R) 9361
5.00 **Tipping Point.** Quiz show. (T) 4835
6.00 **Anglia Tonight;** Weather. (T) 449
6.30 **ITV News and Weather.** (T) 699
7.00 **Emmerdale.** Rachel and Jai both secretly have second thoughts about the abortion as he gives her the money to pay for it. Carl rages at Robbie for missing a delivery and decides to sack him. (T) 5564
7.30 **Coronation Street.** Dev tries to persuade Sunita to give their relationship another chance, while Karl begs Stella to take him back. David is annoyed when Kylie invites Ryan to join them for a drink. (T) 583
8.00 **Britain's Greatest Gold Medalists.** A countdown of the 20 greatest British athletes of the past 100 years, from rower Jack Beresford's achievements in the 1920s and 30s to the nation's current heroes about to compete in London 2012. The list has been chosen by a panel of historians, journalists and broadcasters, taking into account factors including the number of gold medals won at the Olympic and Commonwealth Games, plus the World and European Championships. Featuring interviews with some of the selected sportsmen and women, who reflect on their moments of glory. (T) 7632
9.00 **Superstar.** The talent search reaches its climax as the remaining hopefuls prepare to deliver what they hope will be their best performances so far. Andrew Lloyd Webber is on the hunt for a leading man for his new arena tour of *Jesus Christ Superstar*, and has taken advice from fellow judges Dawn French and Jason Donovan in all the live shows. But it is the viewing public who will decide which contestant is worthy of this golden opportunity. Amanda Holden calms nerves and supports the singers as they face their biggest challenge yet. Last in the series. (T) 8603583
10.15 **ITV News and Weather.** (T) 983125
10.45 **Anglia News and Weather.** (T) 957816
10.50 **FILM: A Clockwork Orange (1971).** A sadistic gang leader is arrested and subjected to sinister therapy designed to brainwash him into a state of placid conformity. Drama, starring Malcolm McDowell and Warren Clarke. (T) 23222816
1.20am **Jackpot247;** ITV News Headlines. 258201
3.00 **FILM: Analyze This (1999).** Comedy, with Robert De Niro, Billy Crystal, Lisa Kudrow and Joe Viterelli. (T) 231143
4.40 **ITV Nightscreen.** 1124152
5.30 **ITV Morning News.** (T) 44959

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. (T) 10.45 Local News and Weather.

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Adam: Vauxhall's new apple



Less parking space/bigger cars dilemma

THE average amount of space for parking in residential areas has shrunk by 9 per cent in the last 10 years, it was revealed this week, writes *Peter Woodman*.

Yet the number of cars has grown 15 per cent over the last decade and vehicles are

getting bigger, a survey covering England by car insurance firm LV= showed.

Between 2001 to 2011, motorists in England have seen the space available for parking near their homes drop from 32ft to 29ft 5in.

During that time the number of cars in England has grown 15 per cent and

the average car is now around 14ft 1in long – about six inches more than 10 years ago.

Westminster in central London has the smallest amount of parking space – just 14ft 2in per car, which represents a 21 per cent shrinkage since 2001.

Outside London, the least amount of resident parking space per vehicle is to be found in Harlow in Essex; in the Hertfordshire towns of Stevenage, Broxbourne and Watford; and in Slough in Berkshire.

The survey also showed that since 2008, a total of 27 per cent of English councils have increased the cost of residential parking permits.

As many as 9 per cent of car owners have to pay for the right to park outside their home, paying an average of £96 per year.

The most expensive permits were in Birmingham (£785), Canterbury in Kent (£511) and Poole in Dorset (£440), with residential parking permits netting councils £47.8 million in 2011 alone.

LV= said information obtained by a freedom of information request found that eight councils admitted residents had had to wait more than a year for a parking permit in their area.

In the Mid Devon District Council area, one motorist waited 2,920 days (eight years) for a parking permit.

The survey showed 11 per cent of drivers said they had parked illegally near their home because there was not space for them and around a third of these illegal parkers were fined as a result, paying an average of £92 each.

A-sector Adam's LED first

VAUXHALL released its first official pictures of the new Adam this week, heralding a sea change in the fashionable A-sector with an urban chic car that can be personalised in more than a million different ways.

Adam is a three-door, four-seater that will be unveiled at September's Paris Motor Show before appearing in UK showrooms in January.

Classy, sophisticated and glamorous, Adam will be the first car in the A-sector to have the option of LED daytime running lights. And, unlike other rivals in the segment, Adam bucks the trend for retro-based design with a fresh and bold

look backed by a choice of three efficient ecoFLEX four-cylinder petrol engines from launch: a 1.2-litre 68bhp, plus two 1.4-litre engines with either 84bhp or 97bhp. All will be available with optional Start/Stop technology and will be mated to a five-speed manual gearbox. Later on, Adam will be the first car in Vauxhall's range to adopt the new-generation small petrol engine, featuring direct injection and forced induction, and an all-new six-speed gearbox. Adam will be available to order after its official premiere at the Paris Motor Show in September.



DILEMMA: Parking equation doesn't add up

To find your motor go to www.newmarket-news.co.uk/drive

Getting in a Twizy? No worries!

WALKING out into the car park to take a look at one of the latest electric cars on the market I'm struck by how small the vehicle is – taking up a third of a parking space, *writes Rachel Allen.*

I feel vulnerable at the thought of driving such a tiny car – even smaller than a Smart car – on busy roads, however as soon as I get in my fears are laid to rest as it somehow feels larger sat in the driver's seat.

At first glance you would never believe it was a two-seater, with a tandem arrangement.

Clearly it is restricted to one main purpose and that is

getting about town – or the city in my case – perfect for someone living and working or commuting in Cambridge. I certainly wouldn't take it on the A14, which proved a bit of a logistical nightmare for me getting from Milton to Cherry Hinton.

However actually driving the electric vehicle proved a delight – it was a smooth ride, for me at least, as my passengers seemed to be on the receiving end of any uncomfortable bumps and potholes.

The Twizy can comfortably get up to 50 miles per hour and has a range of 60 miles. It is also relatively easy to charge – taking just three and a half hours from empty –



THE CAR OF THE FUTURE: The Renault Twizy is certainly different!

and has a regular plug like any household appliance. I had to charge it at work as I live in a block of flats but The Grafton and Queen Anne car parks both have electric car charging points, which I could have used. Despite not having power steering I soon adapted, paying extra care at roundabouts and parking. Rear vision was also limited, however I don't think it hindered my driving in any way as I used the wing mirrors. One thing I struggled to comprehend prior to taking the car out for a spin was the doors – what there is of them – as they are designed without windows.

The car's designers want drivers to feel at one with nature while whizzing around and take in city life – this turned out to be quite exhilarating until a heavy

downpour when I had to mop the seats before getting in. It's definitely the model for extroverts who like to make a statement – I found this out within seconds of driving onto a main road. Drivers, cyclists and pedestrians would stare and sometimes even stop what they were doing to look as I drove by. I basked in the attention for the first hour or two; however, afterwards I pined for the anonymity that comes with driving a burgundy Vauxhall Astra. The Twizy seems to be a bit like Marmite in that passers-by were keen to tell me whether they loved it or hated it!

I found the more I drove it the more I fell in love with its simplicity, though I imagine the honeymoon period would have worn off after a few months or even weeks. I loved the little

details about the vehicle including how it felt driving off from traffic lights or a parking space – so smooth, and it picked up speed instantly. The doors were also a hit for me, making me feel as though I was in my very own micro sports car as well as the noise the indicators made which sounded like a small bird tweeting away in the car. However the deal breakers for me were some of the basics really – lack of storage and security. Speaking as someone who loves to shop I think I may eventually struggle with the lack of storage space in this car – with two small glove compartments on the dash board and a compact area behind the passenger seat, which I managed to fit one bag of food shopping in.

The other worry for me was that if I were to spend around £7,000 on this car I'd be concerned about leaving it anywhere that was not a secure garage as people can just reach into the vehicle and tamper with it or even open the doors and sit inside.

Otherwise, the Renault Twizy is certainly a car of the future and is fun but possibly a little impractical – though I think it holds promise for the electric vehicle sector.

factfile

Price £6,690 plus £45 per month to lease the battery
Engine 100% electric power from 13kW/57Nm battery
0-60mph n/a
Top speed 50mph
Power 20bhp
Economy (Comb'd) 42mpg
Emissions Zero at tailpipe
Insurance Group 10-11
Charging time 3.5 hours

verdict

Looks Unique personal transport
Handling Quite engaging though lacks power steering
Practicality Not great boot space
Performance Splendid for city
 Pictures: Warren Gunn



EASY DRIVER: Twizy is in its element in busy traffic

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2009 (09) NISSAN MICRA VISIA, 1.2 petrol, 18,000 miles	£5,795
2007 (07) FORD FIESTA STYLE, 1.2 petrol, air con, 30,000 miles, full history	SOLD
2007 (57) RENAULT CLIO 1.2 CAMPUS, only 39,000 miles, one owner	£4,495
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2007 (07) VAUXHALL ASTRA LIFE, estate, diesel, 62,000 miles	£4,295
2007 (07) VAUXHALL ASTRA LIFE, estate, diesel, 67,413 miles	£4,295
2006 (56) VAUXHALL ASTRA LIFE, estate, diesel, 84,449 miles	£3,995
2001 (Y) VAUXHALL CORSA, 1.2 comfort, silver	£1,695
2000 (X) RENAULT MEGANE Scenic Alize	£1,500

COMMERCIAL VEHICLES

2008 (58) PEUGEOT PARTNER VAN, one owner, full history, finished in white	£5,500 + VAT
2008 (08) VAUXHALL CORSA VAN 1248cc Diesel, only 23,000 miles, one owner full history, ply lined, silver, excellent condition	£4,995 + VAT
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2006 (56) PEUGEOT EXPERT 81SD, diesel, white, twin side loading doors	£4,295 + VAT
2005 (05) FORD TRANSIT CONNECT L220 SWB, white, 79,000 miles	£3,895 + VAT

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2003 (03) FORD TRANSIT 350 LWB, High Roof, 185,000 miles	£1,995 No VAT
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2002 (02) MINI Cooper 1.6, Red, white roof, wing mirrors + roof, a/c, e/w, e/m, alloy wheels, 86,000 miles	£4,695
2003 (03) LAND ROVER Freelander 2.0 Kakahari, Silver, full leather interior, power steering, a/c, e/w, e/m, alloy wheels, 115,000 miles	£4,495
99 (T) JAGUAR XJS 3.2 V8, Very rare phoenix Red, cream leather, a/c, e/w, e/m, FSH, remote central locking, stunning car	£3,995
2002 (02) MINI ONE 1.6, Green, e/w, e/m, remote central locking, FSH, alloy wheels, 112,000 miles	£3,695
1997 (P) RANGE ROVER 4.6 HSE Ambassadors, Green, cream leather with green piping, e/w, e/m, power steering, cruise control, alloy wheels, 120,000 miles	£2,295
1998 (06) FORD Explorer 4.0 Auto, Black, FSH, central locking, e/w, e/m, a/c, cruise control, full leather interior, 139,000 miles	£1,795
2000 (V) MERCEDES C200 Classic Auto, Black, e/w, e/m, remote central locking, power steering, alloy wheels, 88,000 miles	£1,495
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Caravans - Camping



1998 Willerby Granada 35 x 12

Ex private holiday home, 2 Bedrooms, Shower room, Sleeps 6, Excellent condition

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2002 Bailey Monarch

2 berth, End bathroom, Separate shower, Cassette WC, Motor mover, Awning, TV aerial, Cooker, Fridge, Fly screens, Blinds, Ducted heating, CRIS registered

£4,500
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Caravans - Camping



ABBEY ARCHWAY ELEGANCE 2002

2 berth, L shaped lounge, end washroom, oven and fridge, Alko hitch/ stabiliser, CRIS registered, includes porch awning, blinds and fly screens, blown air heating, very good condition, no damp, ready to go

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Atlas Fanfare Caravan

Year 2000, 35 x 10, 3 bedrooms (8 berth), Excellent condition, Naze Marine, Walton on the Naze

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Bedford Rascal Elddis Camper

2 berth, Petrol, 998cc, 1990, 90,000 miles, Manual, 5 gears, MOT March 2013, Tax Sept, toilet, cooker, fridge, electric sockets, reasonable condition for year, good runner, recent service and cambelt, 4 new tyres

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Caravans & Trailers



ELDDIS knightsbridge

2 berth caravan, 1998 special edition, includes inner tent, sleeps 2 never used, toilet, oven, fridge, heating, awning

£2,850 ono
07903 194415

Audi



Audi A6 2.0 TDI SE Saloon

Reg March 2007, Tax to 31-05-13, MOT to 09-03-13, £7k of Audi options including full leather, Colour Sat Nav, Heated seats x 4, Xenon headlights etc, FASH including replaced cambelt, 124,000 miles, Next service due in 14,000 miles, Average 48 - 60 mpg

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BMW



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Silver, 98k, Immobiliser, M-Tech body kit, Alloys, Switchable sport auto gearbox, Rear parking sensors, E/Root, E/W, E/M, E/roof seats, M-Tech steering wheel, Driver/passenger airbags, C/C, A/C, Front centre armrest, Radio/CD, FSH (just serviced), MOT Jul '12, Great car in vgc

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BMW 1 SERIES

118d SE, 2.0L, 6 Speed manual, 3 door, Diesel, 2008 (08), Monaco blue, 57,000 miles, usual BMW refinements, FBWWSH, £30 per year road tax, approx 60mpg, MOT May 13, Tax Dec 12

£8,450
07767 089617

BMW



BMW 318i CI

2000 (X), 71,000 miles, CD, Climate, finished in metallic blue with black cloth seats FSH, new MoT till July 2013, remote locking, parking sensors, lovely car

£2,500
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BMW X5 3.0i SPORT

Auto, very low mileage, metallic green, leather, alloys, CD multichanger, alarm, immob, r/c/i, ABS, a/b, PAS, park distance control, cruise control, e/w, air con, climate, front fog lights, FSH, ex cond

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Commercials

Fiat Ducato 30 100 M-Jet SWB 2.2L

Diesel, 2007, white, 78,000 miles, 5 months tax & MOT, part service history, good condition, very reliable

£3,495 ono
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Ford Transit Connect T200L

04 Reg, White, MOT April 2013, FSH, 70,000 miles, Some racking, Excellent condition, 3 new tyres, 2 owners, Good well maintained vehicle. PRIVATE SALE - NO VAT

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01353 778398
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Ford Transit Diesel SWB

1997, R Reg, MOT until end Oct, Tax until end Sept, 41,000 miles, F.S.H., 2 Owners, C/locking, E/windows, Airbags, Air con, Radio/C.D. Player, Colour Coded Bumpers, Immobiliser, Long M.O.T. Warranty, Excellent Condition, £3350 01799 584327 07779 557267 www.rowleyscars.co.uk T

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Commercials

Ford Transit Van

2008, 100 T350M, White, 1 owner, 12 months MOT, Drives superb, Maintenance history, Excellent van

£6,000
01799 502702

Renault Master 2.8 TDI SWB

1998, White, MOT July, Maintenance, 2 owners from new, History, Good drive, Bargain

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£800 SOLD

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2004, Crystal Silver, 1242cc Duratec engine, 5 speed manual gearbox, E/W, E/M, PAS, CD, FM radio, 120k, 3 previous owners, Excellent condition, Runs/drives great, MOT Nov, tax end July, Any inspection welcome

£1,895
01763 209300
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Ford

Ford Fiesta 1.1 Popular Plus

A Reg Mark 2, 71,000 Miles, 12 Months MOT, 2 Previous Owners, Very Nice Condition, 1984

£550
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07514 089048 t

Ford Fiesta 1.2 Freestyle

60,000 miles, 51 regd, 5 door, metallic red, power steering, air conditioning, 12 months MOT, 6 months tax

£1,050
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FORD FOCUS 2005

2ltr. Ghia. Dark Met. Blue. Cruise control. Heated seats and front screen. Full beige leather interior. Service history. 12 mths MOT. Very clean car.

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01954 782220

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Ford Mondeo 2001

104,092 miles, Petrol, 5 door, CD player, Air Con, 8 months MOT, Tax runs out 31/08/12

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Ford Mondeo 2001

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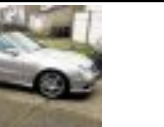
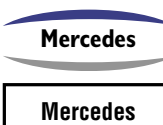
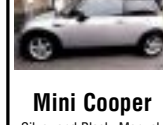
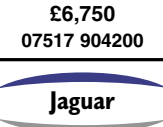
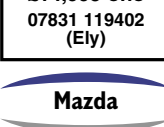
Honda



Honda Accord 1.8iS

1998, manual, great condition, air con, long MOT, taxed, dark green with dark grey interior, 2 previous owners, low mileage for year

£1,095
01487 814418

Honda	Jaguar	Mazda	Mercedes	Other Makes	Porsche	Renault	Rover-MG
 HONDA CIVIC SEI-VTEC 1.8 5 door hatchback, 2009, Silver, 17,000 miles, Alloys, Leather, immaculate condition, 6 speed, petrol, manual, one owner, Full Service History, MOT March, taxed until October, Honda service plan paid to 2015 £9,750 01223 501322 07907 995531	 Jaguar X-Type 2.2 Sports Diesel 2005 (05), 99,500 miles, Fuel Av 47.1 mpg, 6 months MOT & Tax, FSH, Half leather seats, Electric windows, Alloy wheels, CD, Excellent condition £4,750 ono 07595 649362	 Mazda MX-5 1.6i Convertible 2 door, petrol, 1997, R reg'd, Red, 87,750 miles, black interior, 12 months MOT, 8 months tax, Sony radio/CD player + IPOD connector, recent mohair hood, last of the pop up head lights, great condition, this little sports car is great fun to drive at a great price £1,650 ono 07990 586320	 Mercedes CLK 55 AMG Cabriolet Convertible 2 door, 2004, Automatic, Petrol, 70,000 miles, Metallic silver, Leather upholstery, Sat nav, Alloys, Radio/CD multichanger, Front and rear E/W, Traction control, R/C/L, Heated door mirrors, Heated front seats, Alarm, Parking sensors, Excellent condition £10,995 ono 07811 335826/ 01763 249970	 MG MGF Convertible 1999, T Reg, Only 66,000 miles on the clock, Taxed until Sept, MOT until Aug, Excellent condition & running order, Metallic silver, Standard black hood (soft top), Radio/CD, Alloy wheels, E/W, Remote central locking, ABS, PAS, FSH £1,000 Phone Mike on 07979 240972	 Porsche 944 Lux MOT until October, Taxed until March 2013, Mechanics good, Bodywork good, interior tatty hence £1,500 01799 540599	 Renault Scenic Dynamique S 1.6 VVT 57/07, metallic grey, 40,000 miles, A/C, E/W, 6 speed, black leather/ cloth interior, radio/ CD, 8 months MOT, 2 months Tax, vgc £4,800 ono 07811 355938	 ROVER 25 2003 1.4 IL Petrol 3 door hatchback, 46,000 miles, Metallic green, 3 owners, Full service history, MOT March 2013, Remote central locking, Electric front windows, Driver's airbag, Air conditioning £1,500 07849 322741
 Honda Civic 1.8 I-VTEC ES 5 door hatchback, I-SHIFT Auto, 2008 (08), 42,721 miles, Silver, Petrol, Side airbags, Leather seats, Cruise, Tow bar, E/W, Climate, Heated front seats & wing mirrors, Tax until 31/07/2012, MOT until 01/03/2013 £6,750 01223 532748 07769 217795	 Land Rover Freelander TD4 2005, (55) reg, Grey with cream leather interior, Diesel, Automatic, 5 door, 65,000 miles, A/C, CD player etc, MOT until June 2013, Excellent condition £7,900 onvo 07773 822363	 Mazda MX-5 Convertible Petrol, Manual, Year 2000, Bronze, 59,400 miles, 2 Owners, (Lady owner last 6 years), CD, Heated rear window, recent replacement hood, Great tyres, FSH and old MOT's, MOT until 21/03/2013, Excellent condition £2,600 ono 01279 815480 07958 166119	 Mercedes C-Class C200 CDI 2006 (06), Avantgarde, Auto diesel saloon, Black, 65,000 miles, MOT and Tax, Leather, Alloys, Cruise control, ABS, Good condition, A/C, CD/Radio/MP3 £7,250 ono 07753 741740	 Mini One 1.6 2005, Black Eyed Purple Metallic with Silver Viper Stripes, 59,000 miles, FSH, Tax & MOT, Black interior, 6 CD autochanger, Lovely car, Good condition throughout, Current lady owner 3+ yrs, Reluctant sale due to new job with company car £5,495 Sold	 Renault Megane Sport Cabriolet 2006 2L GLX HDI, 2001, 5 door hatchback, Tax April, MOT June, Autochanger, A/C, Immobiliser, FSH, 138k, 4 new tyres, £1,250. Tel: 07729 420642. £995 ono St. Neots 01480 470478 07545 767729	 Renault Megane FiDji 16v Petrol, 2002, Green, 5 door hatchback, MOT April 2013 1/2 leather, radio/CD, recent cambelt and water pump, front brake, pads & shoes and battery all replaced, one lady owner £1,100 ono 07747 772235	 Rover 75 Tourer 1.8T Connoisseur SE 2003 (03), 78,000 miles, Alloys, Climate, 2 owners, FSH, metallic blue and full black leather, top of the range, electric seats, parking sensors, multi CD and more, MoT July 12, tax Jan '13 £2,250 07967 016820
 Honda Civic 1.8 i-vtec special edition 2009 (09), Only 17,000 miles, Alloys, Leather interior, 6 speed manual, Petrol, 1 lady owner, MOT until March, Tax Oct, FSH, Service plan paid to 2015, Excellent condition £9,750 01223 501322 07907 995531	 Land Rover 1996 Discovery, diesel, one year MOT, serviced, good tyres, manual, red, fair condition for year £1,250 ono 01799 529506 07748 823811 Saffron Walden	 Mazda MX-5 Eunos 1992, K reg, 1.6, Green, Cromie rollbar, 114,000 miles, Alloys, New cambelt, MOT till May 13, Tax August 12, nice little car £1,450 ono 01440 714227	 Mercedes 2L Compressor Sport Hatchback 2002, Economical 6 speed, Panoramic roof, Below average miles, Good condition, FSH, Recently serviced, 9 months MOT, Tax until end of the year £2,400 07910 573374	 Nissan Figaro 1991 1L Petrol Automatic, A/C, 10 months Tax and MOT, Just serviced, 67,000 miles, Excellent car £4,500 ono 01480 457118 07808 217031	 Peugeot SW 307 1.6 SE 5 door Estate, Manual, Petrol, 2007, Metallic gun metal grey, A/C, Climate, Cruise Control, Immobiliser, P/S, E/S/Root, E/M, Parking sensors, R/C/L, CD with 5 disc multichanger, Roof rails, ABS, Head restraints, Upholstery Cloth, Multi airbags, Tow bar, 10 months MOT, 6 months tax £5,000 ono 01223 882010	 Renault Scenic 1.6 Oasis Automatic Petrol, 06 reg, Metallic gold, 31,000 miles, One owner, MOT & taxed to March 2013, Keyless entry, Cruise control, A/C, Glass roof, Multi CD, New tyres etc, FSH, Tow bar (used with small trailer), Just valetted and ready to go £3,850 ono 01638 615252	 SEAT IBIZA 1.4 Cool/S Petrol, 2000, 93,000 miles, A/C, E/W, Taxed to May 2013, MOT Sep 2012, new alternator, garaged, no smoking, no pets, oil and filters changed May 2012 £950 ono 07847 287081
 Hyundai Coupe S111 Auto Tiptronic, 2.0 L, Petrol, 20,000 miles, 2007, MOT until April 2013, Tax until August 2012, 1 lady owner from new, Metallic blue, Leather interior, 3 door, Immaculate condition £6,750 07517 904200	 Land Rover Discovery 3 TDV6 XS - 7 Seater (Manual), 2007 (07), Zermatt silver, FLRSH, 68,000 miles only, 12 months MOT & 6 months Tax, Recently new tyres all round, Bluetooth, Full size spare £14,995 ono 07831 119402 (Ely)	 Mercedes CLK 200 Kompressor Elegance Tiptronic, automatic convertible, 2004, dark blue, 35,000 miles, beige leather, one owner, MOT October, FSH by local Mercedes garage £9,000 07899 758929	 Mini Cooper Silver and Black, Manual, Petrol, 2003, 75,000 miles, ABS, A/C, Alloys, chilli pack, CD radio with steering wheel controls, Cruise Control, Airbags, E/W, Immobiliser, Half leather seats, Electric, P/S, S/H, MOT, E/M, Tax, Ex condition £3,999 01440 704538	 Nissan Micra 1.3 GX 1999 (T), 54,000 genuine miles, Metallic blue, A/C, S/Root, PAS, Central locking, Front E/W, FSH, MOT March 2013, Tax, 2 owners from new, vgc £1,050 SOLD	 Peugeot SW 307 1.6 SE 5 door Estate, Manual, Petrol, 2007, Metallic gun metal grey, A/C, Climate, Cruise Control, Immobiliser, P/S, E/S/Root, E/M, Parking sensors, R/C/L, CD with 5 disc multichanger, Roof rails, ABS, Head restraints, Upholstery Cloth, Multi airbags, Tow bar, 10 months MOT, 6 months tax £5,000 ono 01223 882010	 Renault Scenic 1.6 Oasis Automatic Petrol, 06 reg, Metallic gold, 31,000 miles, One owner, MOT & taxed to March 2013, Keyless entry, Cruise control, A/C, Glass roof, Multi CD, New tyres etc, FSH, Tow bar (used with small trailer), Just valetted and ready to go £3,850 ono 01638 615252	 SEAT IBIZA 1.4 Cool/S Petrol, 2000, 93,000 miles, A/C, E/W, Taxed to May 2013, MOT Sep 2012, new alternator, garaged, no smoking, no pets, oil and filters changed May 2012 £950 ono 07847 287081
 Jaguar X Type SE Auto Tax & MOT, Very good history with receipts, Green, 95,000 miles, Full leather, A/C, Climate Control, E/W, CD Multichanger, Parking sensors, Heated/electric seats, PAS, ABS, Very good condition £2,200 ono 07718 123233	 Mazda Bongo M Reg, 2490cc, Silver, Road Tax end Sept 2012, MOT May 2013, 73,000 miles, Diesel, Automatic, ABS, A/C, Elevating roof, Window blinds, CD player, Original carpets, 8 seater suitable for conversion, Good condition throughout £4,100 ono 01480 495920 07811 905373	 Mercedes-Benz 230 SLK Roaster 1999, Blue, A/C, 12 track stereo system, electric hard top, automatic/manual gearbox, usual mercedes fittings, sold with 1 year MOT, leather interior, private plate, economical to run, excellent condition New Price £3250 01638 660987	 Mini Cooper Convertible Black eye purple, 1.6 petrol, 56,000 miles, Sat nav, Cruise Control, 6 CD changer, Half leather seats, 10 months MOT, Tax until 31/10/2012, Excellent throughout £7,995 ono 01353 669798 07584 350798	 Nissan Primera Petrol, 138,000 miles, Alarm, Alloys, CD, E/W, MOT, S/Root, SE Plus W reg'd, broken driveshaft, 2L, 9 months MOT, c/l, air bag, PAS, Alarm, E/W, E/S/Root, CD/ Radio, Heated seats, Alloys, £250 ono 07934 410436 01480 392356	 Peugeot SW 307 1.6 SE 5 door Estate, Manual, Petrol, 2007, Metallic gun metal grey, A/C, Climate, Cruise Control, Immobiliser, P/S, E/S/Root, E/M, Parking sensors, R/C/L, CD with 5 disc multichanger, Roof rails, ABS, Head restraints, Upholstery Cloth, Multi airbags, Tow bar, 10 months MOT, 6 months tax £5,000 ono 01223 882010	 Renault Scenic 1.6 Oasis Automatic Petrol, 06 reg, Metallic gold, 31,000 miles, One owner, MOT & taxed to March 2013, Keyless entry, Cruise control, A/C, Glass roof, Multi CD, New tyres etc, FSH, Tow bar (used with small trailer), Just valetted and ready to go £3,850 ono 01638 615252	 SEAT IBIZA 1.4 Cool/S Petrol, 2000, 93,000 miles, A/C, E/W, Taxed to May 2013, MOT Sep 2012, new alternator, garaged, no smoking, no pets, oil and filters changed May 2012 £950 ono 07847 287081

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SMART 600 Passion, 2002, 52 Plate, Numeric Blue/Silver, Only 26,000 miles, F.S.H. Ex-demo + 1 owner from New, C/locking, E/windows, Airbags, Alloys, Radio/C.D. Player, Air con, Immobiliser, New M.O.T. Taxed, Warranty, Immaculate Condition, £3495, 01799 584327 07779 557267 www.rowleyscars.co.uk T

Suzuki

SUZUKI Jimny 1.3 Mode, 2004, 53 Plate, Silver, Only 18,000 miles, F.S.H. P.A.S. C/locking, E/windows, Airbags, Radio/C.D. Player, Alloys, Leather Seats, Colour Coded Bumpers & Mirrors, Immobiliser, Long M.O.T. Warranty, Excellent Condition, £4495 01799 584327 07779 557267 www.rowleyscars.co.uk T

Suzuki


**Suzuki Swift
GLS 993cc**

1999, 48,000 miles, Tax 10/31, MOT 5/13, Cheap tax and insurance, E/Locks, E/W, Original Suzuki mud flaps all round, OZ alloys, Awa CD player with mp3, Service history, Excellent condition

£1,150 ono
07716 498073

Vauxhall


**Vauxhall Meriva
2005**

Turbo Diesel, 47,500 miles, Manual, E/W, CD player, A/C, 5 door, Alloy wheels, Tinted windows, Long MOT

£4,999 ovno
07789 115962

Volkswagen


**VW 1.9 TDI
golf plus**

Reg 55, 84,000 miles. Mainly on A14, Metallic solid black paint with high specs, Reverse sensor, Two new Michelin tyres, Lady owner, Excellent condition, Vindis FSH, MOT until 08/2012, Road tax until Nov/2012

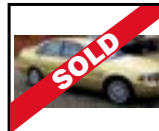
£4,500
Sold


**Volkswagen Amarok
Highline Selectable**

2011, white, 3,600 miles, leather, over £2,500 extras, including 3 year service plan, finance can be arranged through VW

£22,000 + vat
07899 758929

Volvo


**Volvo S40
1.8i Sport**

Petrol, 2002, (52) manual, gold, 60,000 miles, 12 months MOT, black leather upholstery, heated front seats, all the extras you would expect with a Volvo, good tyres, recent cam belt fitted, viewing highly recommended

£2,350
Sold


**Volvo V70 SE
D5 Estate**

2007, auto, diesel, 185 BHP, metallic dark blue, 57,000 miles, all extras plus entertainment package, excellent condition, FSH

£10,250
07754 154165


**Suzuki Swift
1.3GL**

2005 (55 reg), 27,000 miles, 3 door hatchback, Colour co-ordinated leather seats, Alloys, A/C, Reverse parking sensors, FSH, MOT & Tax until Sept 2012, One lady owner, Immaculate throughout

£4,000 ono
07837 258145

**Vauxhall Astra
1.6 SRI**

2002, 5 door, 70,000 miles, Alloys, A/C, E/W, PAS, FSH

£1,850
07971 780511

**Vauxhall Corsa
1.4 Vegas**

5 door hatch, 1996, Only 86,000 miles, Red, MOT June 2013, Radio/CD, Good condition, Very reliable

£500
01353 777881


**Volkswagen
Polo 1.2S**

2008, metallic grey, 90,000 miles, FVWSH, 12 months tax & MOT, just serviced, alloys, recent tyres, lovely car

£4,295 ono
07801 893792
01223 811141



VAUXHALL Corsa 1.2 SXi, 5 door, 2003, 53 Plate, Silver, Only 39,000 miles, F.S.H. 2 owners, P.A.S. C/locking, E/windows, Radio/C.D, Alloys, Player, Air con, Colour Coded Bumpers & Mirrors, Immobiliser, New M.O.T. Warranty, Excellent Condition, £3250 01799 584327 07779 557267 www.rowleyscars.co.uk T



Vauxhall Vectra
1796cc, 5 door hatchback, Petrol, 2002, Light navy blue, Alarm, CD, E/W, P/S, long MOT, Taxed to end May, Excellent condition, First to see will buy

£1,000 ono
07790 360724

**Suzuki Vitara
4x4**

5 door, Petrol 1.6, 1995, Dark Green, E/W, MOT till Feb., Tow bar, E/M, Tax to end July, many new parts.

VERY GOOD CONDITION
£600
SOLD

Toyota

TOYOTA Carola, auto, 5 door hatch, blue, 1332cc, registered 1998, Tax and MOT. £550. Tel: 01480 219542.


**Toyota Celica
1.8 VVTi Coupe**

Premium & sport pack, 139,000 miles, Black, Reg 2001, Leather seats, Recently replaced battery, MOT & Taxed until July 2012

£1,050 ovno
Sold


**Toyota Yaris
1.3 Colour
Collection**

5-door, 2005, Silver, 47,000 miles, FSH, MOT May '13, Tax Sep '12, CD, A/C, Good condition

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01480 461520
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**Vauxhall
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Tds Estate**

1997, MOT March 2013, Good condition for year, 74,000 miles, Recent tyres, Non spec alloys, CD/Radio, Tow bar

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01223 720809
Cambridge

**Vauxhall Tigra
1.4 Coupe**

1 Previous Owner, Tax October, 12 Months MOT, Looks Smart, Nice Condition, 1998

£750
01223 242595
07514 089048 t

Volkswagen

**Volkswagen
Passat 2.0 TDi
Estate**

2009, cruise, leather, b/tooth, excellent condition, FVWSH, company car, tax & MOT

£6,900 ono
07766 708315


VW Golf V5

2001, Auto tip-tronic, Green, MOT & Tax, Full cream leather, Stainless steel exhaust, Alloys, Climate Control, A/C, 4 replaced tyres, Full electrics, CD Multi-changer, ABS, PAS, Heated seats, S/Roof, VW service history, Immaculate inside and out

£1,750 ono
07718 123233


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GOLF GTi**

20v 1998 R Reg, 1800cc petrol, sunroof, radio/cd player, jazz blue, Mot Oct. 2012, 105k miles.V.g.c.

£1,000 ono
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064656 (John) or
01487 831332
(eves)


**Volkswagen
Passat
SE 20V Turbo**

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07717 672448

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Classifieds Index

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 Saturday 28TH JULY 2012 WITCHFORD VILLAGE HALL, Witchford, CB6 2JN 8-12.00 am £6 Entry
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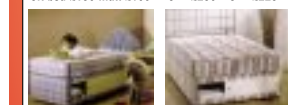
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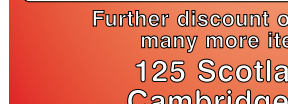
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07825 176010

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 Email: office@thefields.cambs.sch.uk
 Website: www.thefields.cambs.sch.uk

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Closing date for applications Thursday 26th July 2012 12 noon
 Interviews to be held Thursday 2nd August 2012

The Centre is committed to safeguarding and promoting the welfare of children.

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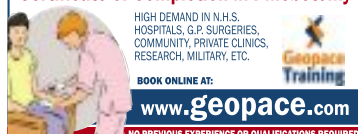
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JANET retired, fair hair, likes holidays, dancing, theatre, sightseeing, walks, seeking male with similar interests for friendship. Tel No: 0906 500 3778 Box No: 393585

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MAGGIE loving, caring, kind, professional black female, 44, seeks mature male, 55-65 for friendship, nights out, conversation and maybe more. Tel No: 0906 500 3778 Box No: 375013

LOUISA 35, blue eyes, long hair, curly, pretty, likes shopping, meals out, cinema, seeks nice male for friendship, maybe more. Tel No: 0906 500 3778 Box No: 333867

PETITE dark, slim lady, N/S, enjoys life, likes seaside, car boots, holidays, seeks nice mature male, 50-65. Tel No: 0906 500 3778 Box No: 390401

MARGARET petite, N/S, Irish, quiet, easygoing, dark hair, seeks genuine male for outings, holidays and sharing life. Tel No: 0906 500 3778 Box No: 369416

SINGLE mum, 40's, seeks honest, caring guy in Essex area. Tel No: 0906 500 3778 Box No: 386811

ATTRACTIVE retired lady, 5ft 4ins, seeks genuine, friendly male for nights out, holidays and cosy nights in. Tel No: 0906 500 3778 Box No: 364495

55YR old female, hazel eyes, 5ft 8ins, slim, looking for tactile, cultured, attractive, tall soul mate with GSOH for loving relationship. Tel No: 0906 500 3778 Box No: 391595

ATTRACTIVE slim lady, 57, no ties, nice quiet persona, seeks gent for interesting conversation, laughter and romantic happy future. Tel No: 0906 500 3778 Box No: 391669

FEMALE likes sports, holidays, countryside, music, dancing, seeking male, 60 plus for friendship, maybe more. Tel No: 0906 500 3778 Box No: 391607

JO 41, 5ft 2ins, slim, blonde, genuine, caring, friendly, GSO looking for similar male. Tel No: 0906 500 3778 Box No: 392037

LINDA 64, medium build, likes music, seaside, caravan/coach holidays, seeks kind, caring man for friendship, maybe more. Tel No: 0906 500 3778 Box No: 391771

LADY 80 plus, seeks gent, fond of nature, outdoors, swimming, singing and dancing. Tel No: 0906 500 3778 Box No: 391895

LADY 68, no ties, GSOH, likes meals out, dancing, cinema, N/S, seeks genuine male, 60-70 for friendship, maybe more. Tel No: 0906 500 3778 Box No: 391600

LADY 60 plus, likes travel, meals out, theatre, seeks likeminded, sincere male for fun times. Tel No: 0906 500 3778 Box No: 392295

KATHY early 70's, petite, attractive, likes travel, animals, walks, seeks similar aged male for friendship, maybe more. Tel No: 0906 500 3778 Box No: 392271

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LANDROVERS farming, Susan outdoor girl 55, likes animals, riding, gun dogs, dancing, music, fun loving, slim, N/S, seeks similar gent for LTR. Tel No: 0906 500 3778 Box No: 391385

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MARIA 65, 5ft 6ins, looking for good, honest, caring man, 50-60 to share life with. Tel No: 0906 500 3778 Box No: 391274

DEBBIE 50, 5ft 1ins, slim, red/brown hair, olive skin, seeks professional male, 50-60 with GSOH for fun and laughter. Tel No: 0906 500 3778 Box No: 391274

SINGLE mum, 41, 5ft 3ins, medium build, seeks male, 30-50 for friendship, maybe more. Tel No: 0906 500 3778 Box No: 391509

LISA 40, single mum, looking for kind, caring gent, 30-52 for LTR. Looks and status unimportant, just want happiness. Tel No: 0906 500 3778 Box No: 389388

BLUE eyed female, 5ft 1ins, likes animals, enjoys life, seeking nice N/S man with GSOH. Tel No: 0906 500 3778 Box No: 388435

ANITA 44, 5ft 1ins, medium build, single mum, looking for man, 33-50 for fun relationship, nights out and good times. Tel No: 0906 500 3778 Box No: 388155

41YR old divorced with two daughters, blue eyes, brown hair, kind, loving, loyal, looking for Mr Right. Tel No: 0906 500 3778 Box No: 374937

HELEN 55, widow, kind, caring, GSOH, likes cinema, music, concerts, sports, seeks male. Tel No: 0906 500 3778 Box No: 387587

FEMALE seeks male 44-54 for friendship, maybe more. Tel No: 0906 500 3778 Box No: 387557

SANDRA 61, widow, N/S, likes most things, seeking Mr Right. Tel No: 0906 500 3778 Box No: 387493

FEMALE 53, slim, many interests, likes music, nights out, cinema, seeks genuine, caring male, 35-55 for friendship, maybe more. Tel No: 0906 500 3778 Box No: 385899

38YR old female, brown hair, hazel eyes, seeks genuine, decent man for relationship. Ipswich. Tel No: 0906 500 3778 Box No: 386271

ATTRACTIVE cuddly, curvy, caring, sincere lady, 40's, GSOH, outgoing, homely, seeks sincere gent, N/S, 45 plus for LTR. Tel No: 0906 500 3778 Box No: 346059

MEN SEEKING

GARY 6ft, mature, GSOH, kind, looking for female for adult fun. Tel No: 0906 500 3778 Box No: 392062

MALE 54, seeks female, 25-55 for fun and friendship. Tel No: 0906 500 3778 Box No: 393501

ALEC 5ft 10ins, medium-large build, 52, nice looking, likes most things, affectionate, seeking nice social times, friendship and more. Tel No: 0906 500 3778 Box No: 393453

MALE seeks female, 35-45 for friendship and more. Tel No: 0906 500 3778 Box No: 392733

BRIAN 48, 6ft, shaved hair, brown eyes, honest, kind, caring, trustworthy, seeking lady with similar characteristics. Tel No: 0906 500 3778 Box No: 392603

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Applications should be sent for the attention of
Jonathan Tewson,
Group Marketing Manager.
Iliffe News & Media, Park House,
Winship Road, Milton,
Cambridgeshire, CB24 6PP
Email: jonathan.tewson@iliffenews.co.uk

It is the company policy to welcome applications from any individual regardless of ethnic origin, gender, disability, religious belief, sexual orientation or age. All applications will be considered on merit.

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We are looking for an enthusiastic individual who is able to use their own initiative but also work well as part of a team.

The closing date for applications is Thursday 19th July
Details of Chesterton Community College and the application form are available via the College website www.chestertoncc.net (click on Vacancies) or telephone 01223 712150 Ext 142. Please send an original completed application form and covering letter to Mrs W Palmby (PA to the Principal), Chesterton Community College, Gilbert Road, Cambridge, CB4 3NY. wpalmby@chesterton.cambs.sch.uk

Chesterton Community College uses safe recruitment procedures to ensure the welfare of children. All applicants are required to complete a CRB check and only applications submitted on the College's application form will be considered. All shortlisted applicants should expect to be called for interview no more than 5 working days after the closing date. If you have not heard from us by then you can expect your application to be unsuccessful.

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Cambridge News



The Grafton



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Racing: Piper Heidsieck July Festival, plus other news

May-day in Paris is the target for Fahey



KING OF THE WORLD: King's Warrior ridden by Robert Havlin wins the John Smith's Cup at York

PA

PARIS in autumn is the ultimate target for Mayson after he bounced back to form in style with a wide-margin win the Darley July Cup at Newmarket.

Heavy rain meant ante-post favourite Bated Breath did not start in the six-furlong feature and plenty will be keen to crab the form on very testing ground.

However, Richard Fahey's charge could hardly have been more impressive in presenting his trainer, and jockey Paul Hanagan, with a first Group One victory in Britain.

The 20-1 shot dominated throughout to finish five lengths clear of The Cheka, and Fahey is now eyeing the Prix de l'Abbaye at Longchamp in October as a final aim.

He said: "It's fantastic for me and Paul. We thought he was very good, but it went wrong at York when he got his leg stuck in the stalls and it was unraceable at Newcastle – you put your foot on the track and water was coming through.

"He's in at York, he's in the Haydock race and he'll be put in the French race.

"They are targets, but we'll definitely go to Longchamp at

the end of the season. That's a target we want to go to."

A rugged performance was required from Olympic Glory (6-4 favourite) to reach the top of the podium by a head from Birdman in the 32Red.com Superlative Stakes.

It was the fourth time the juvenile Group Two has been landed by Richard Hannon, whose runner had posted an excellent second to Dawn Approach in the Coventry Stakes at Royal Ascot.

Hannon's son, Richard junior, said: "You'd have to start thinking about the Dewhurst and maybe the Vintage Stakes at Goodwood."

Bonnie Brae (13-2) and Ryan Moore provided a glimmer of light in what has been a wretched year for David Elsworth in the 32Red Bunbury Cup.

"It's been pretty tough this season. That's my fifth winner and here we are in July," said Elsworth.

"We've had some coughing and their blood hasn't been right."

Owner Paul Hancock was delighted he heeded the advice of trainer Peter Chapple-Hyam after King's Warrior claimed the 53rd John Smith's Cup at York.

The five-year-old had been booked for Friday's Tattersalls Sales before a phone call from Chapple-Hyam persuaded Hancock to withdraw his charge and instead let him line up in this valuable handicap.

It paid dividends for the self-employed corporate financier from Brighton, as his 33-1 shot blew away the opposition in the hands of Robert Havlin, beating Mid Mon Lady by four and a half lengths.

"We had him in the Tattersalls sales on Friday night with the intention of selling him, but Peter rang me on Tuesday and said we can't sell him because the horse was working too well and jumping out of his skin," said Hancock.

"When the trainer says that, it's all you want to hear.

"I think it would be mean to get rid of him now."

David Lanigan suffered ill fortune as his Main Sequence just could not find a clear passage in the Juddmonte Grand Prix de Paris at Longchamp.

His Derby runner-up had to settle for a close fourth behind the Aidan O'Brien-trained winner Imperial Monarch in the 12-furlong Group One.

► Motorsport

OLIVER Jarvis made a welcome return to the podium in the GT1 World Championship when he and WRT Speedhunters co-driver Frank Stippler finished third in the qualifying race in Portimao.

But it was a bittersweet weekend for the Newmarket driver as the championship race the following day came to an abrupt end when their Audi R8 LMS ultra was hit from behind at the first corner by the Ferrari of Tony Vilander.

Stippler brought the car back to the pits with tyre and suspension damage and, despite the best efforts of the pit crew, there was no option but to retire from the race.

The incident put a dampener on the celebrations following Saturday's race in which Jarvis and Stippler claimed a well-earned third, their first visit to the podium since the season opener in Nogaro, France.

Having qualified in seventh, it looked as though it might be another frustrating weekend with a lower top speed compared to their rivals as a result of the balance of performance regulations again leaving them further down the field.

But with Jarvis behind the wheel for the first stint, a late pitstop following a safety car period put their car in an excellent position.

Bittersweet for Jarvis as crash follows podium feat

Stippler took over driving duties in second, and despite trying to fend off the BMW of championship leader Yelmer Buurman, he eventually had to concede position and settle for third.

The other Audi R8 LMS ultra driven by WRT Speedhunters team-mates Laurens Vanthoor and Stefan Ortelli finished 10th in the qualifying race and then followed up with sixth in Sunday's championship race.

The bad news for WRT is that there is still no sign of the FIA allowing them to increase the top speed of their cars, and team principal Vincent Vosse admitted his frustration at the restriction.

Jarvis and Stippler are eighth in the standings on 44 points. Buurman and Michael Bartels lead with 86 points.

The championship does not resume until August 25 in Beijing.

► Speedway

Mildenhall 63 Isle of Wight 30
NATIONAL LEAGUE

MILDENHALL equalled their biggest victory of the season in their first home fixture for seven weeks to send them top of the National League.

It proved a routine performance for the Fen Tigers once they delivered three 5-1 heat maximums inside four races to lead by 14 points by heat nine, and they cranked up the pressure even more as they dealt four more race maximum blows to the despondent Islanders.

As the home riders enjoyed the opportunity to attack the track with little resistance, Isle of Wight were cursing their luck.

Tigers display Heeps of class in romp

Kyle Hughes was a shadow of his usual form, Gary Cottham sustained a suspected broken collarbone after a heat four entanglement with Josh Bates, then Dan Berwick walked out on his team after his third race, leaving his bike behind and his team bosses dumbfounded.

Cameron Heeps (below) set the pace, winning all four of his races at a canter for a maximum, despite aggravating the left wrist he broke last year in a post-race fall.

Stefan Nielsen was equally as

smooth, with only a last race, last-bend mistake robbing him of his maximum, and Lewis Blackbird's only dropped points came from his own errors.

"This is just what we needed. It was a good workout and should now put us back on track," said Tigers' chairman Kevin Jolly.

"You can only beat what's in front of you and if we can do that to what I regarded before as a decent team, then it shows our capabilities."

Mildenhall: Nielsen 13 (5 rides), Blackbird 12+1 (5), Heeps 12 (4), Bates 7+3 (4), Jacobs

7+3 (4), Halsey 7+1 (4), Graver 5+2 (4). Isle of Wight: Baseby 9 (5 rides), Warwick 8 (5), Hopwood 4 (4), Cottham 3 (2), Hughes 3 (4), Starke 2+1 (4), Berwick 1 (3).

■ Lewis Blackbird is itching to grasp his new opportunity as his speedway career goes to the next level after he was handed a chance in the Premier League at Leicester. The 25-year-old from Ely, who will continue to double up as captain of Mildenhall, impressed the Lions during a guest appearance two weeks ago. A re-arrangement of fixtures means he will only miss one match for the Tigers.

"I came back into the sport four years ago to push my racing on to the next level," said Blackbird.

"I need the racing and I now have a big fixture list – the week after next I will have four or five meetings in a week. I want to get on and, by racing with faster riders, I will be learning so much from them.

"It's a good place to ride. Dad rode for Long Eaton towards the end of his career and there are a lot of fans at Leicester who used to watch him. When I got chatting to them they were geeing me up, which was great."

Round-up

Football

Appleford boys start at home

MILDENHALL will start their league season against Gorleston, it has been revealed.

Christian Appleford's men will be at home for the kick-off of the Thurlow Nunn league (formerly the Ridgeons League) Premier Division on Saturday August 4.

They will follow that up with a trip to Thetford on Tuesday August 7.

Boxing Day sees a derby clash with Ely City at Recreation Way, and Mildenhall are also at home on December 29, against Thetford.

They are without a match on New Year's Day, meaning the first match of 2013 is on January 5 at Wisbech.

The season ends with a home match against Felixstowe & Walton on Saturday April 27.

The First Division fixtures, including those for Newmarket Town, have not yet been confirmed.

Golf

Tip-top Tuttles in title glory

MOTHER and daughter pairing Marcella and Claire Tuttle, of The Links, savoured success in the Cambs & Hunts Ladies County Golf Association Foursomes Championships at Saffron Walden.

In the 36-hole competition, Marcella and 17-year-old daughter Claire had a solid round of gross 81 in the morning to give them a four-shot lead over defending champions Grace Eastment and Bethany Peckham, from the Menzies club.

And they produced some excellent golf in the afternoon to move into a commanding lead, firing 77 to take their first county foursomes title with a total of 158.

Marcella Tuttle said: "It's very special to win an event with your daughter and, believe it or not, it was relatively stress free."

Claire added: "Playing foursomes with a family member can be easier than



FAMILY FORTUNES: Claire (left) and Marcella Tuttle

CP

you think, as you're able to tell them straight what you're thinking – either a good strategy or a disastrous one. Lucky for me it paid off!" Eastment and Peckham

finished second after rounds of 85 and 86 for a 171 total, while Ramsey's Sharren Kjenstad and Ely City's Tina Broadley were third with 172 after shooting 88 and 84.

Athletics

IT was a good day for the Taylor family at the Red Lodge Runners 5k on Sunday.

Martyn Taylor was second in the adult race, while his sons Austin and William were the top two in the junior race.

Taylor senior was part of a Joggers clean sweep in the adult race. Winning for the second year in a row was Martin Gear in a time of 17min 30sec, with Taylor second in 18.05, Mark Childs third in 18.19, Alex Cairns fourth in 18.35 and Simon Harris fifth in 18.41.

The junior race saw Austin Taylor winning in 3.40 closely followed by William in 3.51.

■ Joggers just missed out on a top-10 place out of more than 100 teams at the highly competitive Ekiden Relays.

The event, hosted by Ipswich Jaffa, see teams of six run over the marathon distance over six different stages of 5km, 7.2km or 10km.

The Joggers team of Neville Clarke, Stephen Edwards, Vincent Coogan, Adrian Whittle, Paul Holley and Alexander Cairns were lying in 30th position at one point, but

Taylors sew up podium finishes

made up a lot of ground to finish 12th overall.

■ Newmarket came home from the St Ives 10km event with the Male Team prize.

The team was Jamie Shaw, who was sixth overall in 35min 5sec, Martin Gear (10th in 36.15), Denys Olefir (11th, 36.19), Mark Childs (32nd, 39.24) and Mike Sales (236th, 51.38). A total of 474 runners completed the course.

■ Ursula White was the lone female Jogger competing at the weekend, but she did the girls proud at the East Harling 10k, finishing as second female overall in a time of 43.28.

She was accompanied by her fiancé, Kevin Ransom, who has just started running and finished in a very creditable 46.46.

Cricket

Dramatic win for Mildenhall

A RUN-OUT in the final over secured Mildenhall III a five-run win over Bury St Edmunds III in one of the few matches to survive the weather.

The Marshall Hatchick Two Counties Championship, Division Five match was reduced to 35 overs because of the forecast rain.

They lost opener Mick Saunders early, before Kevin Pearson (18) and James Taylor (36) combined in difficult conditions as Mildenhall found scoring difficult.

Bury captain Kevin Dobson then took out the middle order with figures of 4 for 57 before youngsters Tom Allen (42 not out) and Ash Clark (16 not out) took Mildenhall to a score of 152 for 5.

In reply, Bury's top order all made starts but failed to push on. Martin Kingdon took 3 for 32 from his 12 overs and the spin duo of Lee Chipchase (2 for 16) and Jack Bowman (4 for 32) turned the screw.

An aggressive 47 from Johnson kept Bury in it, until the last-over drama sealed Mildenhall's win.

Tim Milner produced a sensational performance with the ball to give Lakenheath a four-wicket win over Elmstead Grasshoppers in Division One.

Milner claimed seven wickets for 41 runs as Elmstead were all out for 94. He struck early on, removing opener

Jordan Elliott and then tore through the rest of the top and middle order. Greg Palmer and Dale Wilderspin offered good support to help dismiss the tail.

After a shaky start in reply, with the early loss of openers Mark Harvey and Paul Pallant, it was left to Robbie Horrex to take Lakenheath to the brink of victory with a half-century.

He was eventually dismissed for 54 but Shane Leech and Oliver Wade ensured the target was reached, Lakenheath scoring 98 runs with four wickets in hand.

■ On Sunday, Mildenhall II travelled to Sudbury. James Taylor and Jordan Francis put on 53 for the first wicket and Taylor went on to get 76 before he was dismissed. The destructive duo of James Holmes (64) and Taha Ahmed (59 not out) then took over, striking the ball to all parts as Mildenhall closed on 248 for 4.

Jo Turner and Renu Van Overmeire both bowled tightly at the start of Sudbury's reply, keeping Sudbury behind the rate and taking a wicket each.

Spinners of Matt Heywood (3 for 18) and Steven Ready (2 for 25), along with some solid catching, kept Mildenhall on top, and Andy Heywood claimed his first wicket for the club as Sudbury were dismissed for 101.

Newmarket News



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- A journey on the legendary "Ferry 'Cross the Mersey'"
- Two visits to Liverpool
- The services of a Tour Manager





Family fortunes for Tuttles

Links' mother and daughter pair win county foursomes title at a canter

page 63

► Racing: July festival



HOME CLEAR: Paul Hanagan celebrates winning the Darley July Cup aboard 20-1 shot Mayson at Newmarket on Saturday. It was a first Group One victory in this country for the town-based jockey.

■ Racing – page 62
Picture: PA

► Athletics

British best gives Sayers a perfect send-off for the Olympics

Goldie's record joy

BRITAIN'S athletes had an Olympic send-off with an open-top bus parade during a downpour – but Goldie Sayers was singing in the rain after the Aviva London Grand Prix.

The Newmarket athlete improved her own British record in the javelin to claim a bonus of \$5,000 and an early present ahead of her 30th birthday on Monday.

Sayers threw 66.17m in the first round to better her previous best of 65.75m, which was set when finishing fourth in the Beijing Olympics in 2008.

The 29-year-old also managed 65.74m in the third round to leave Olympic champion and world record

holder Barbora Spotakova almost two metres behind in second.

"It's one of the best days in my athletics career. I am delighted," said Sayers after the event.

"It's going to take further for gold in London but it was good practice in the rain.

"I hope everyone is going to be doing a rain dance in London, because I think it would suit me.

"It's my 30th birthday on Monday so it's a nice present; the drinks are on me.

"It's been a long time coming and it's very good timing, but as all athletes say, there's definitely a lot more left in there so I just need to find how to get it out at the Games when it matters."



RECORD-BREAKER: Goldie Sayers on her way to setting a British javelin record at Crystal Palace

